

Hafa Adai!

DPS arrests alleged robbery suspect. **PAGE 6**

Project to replace wooden power poles with concrete ones on hold. **PAGE 7**

75¢

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Govt offices, schools closed

By MARC A. VENUS
marc_venus@saipantribune.com
REPORTER

With Typhoon Bualoi on track to pass Saipan and Tinian later tonight or early Tuesday morning, all government offices save for critical agencies and all Public School System campuses are closed down today to prepare for the coming storm.

» **2nd typhoon this month expected to pass north of Saipan**

Saipan and Tinian have been upgraded to Typhoon Condition II. That means damaging winds of 39 miles per hour or more are expected by Monday evening, and typhoon force winds of 74 mph or more are expected Monday night.

Rota is under Typhoon Condition 3, while Alamagan and Pagan are under Tropical Storm Condition 3.

RELATED NEWS

■ CUC: Turn off main breaker to avoid generator back-feed. **PAGE 5**

■ Preparing for a typhoon. **PAGE 13**

Emergency declaration

Acting governor Arnold I. Palacios asked President Donald J. Trump yesterday for an emergency declaration for

See GOVT on Page 4

DOF: Rota commission owes \$44,011

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The Rota Casino Gaming Commission has allegedly failed to pay \$44,011 in employer's quarterly withholding tax return and the Department of Finance's Division of Revenue and Taxation issued a notice of tax lien in federal court last Friday to collect the amount.

Tax lien refers to a legal claim against the assets of a person or business to secure the payment of taxes owed.

In the notice, Revenue and Taxation director Tracy D. Norita indicated that the taxes were assessed on the commission in 2010 to 2013 and in 2015.

Norita said the unpaid balance of assessment for See DOF on Page 4

UKULELE FESTIVAL

Ukulele lovers gather last Saturday at the Marianas Business Plaza's covered parking lot in Susupe for the 5th Annual Marianas Ukulele Festival.

Story on Page 5
IVA MAURIN



EUSEBIO CAMACHO BORJA A master of arts and culture



Eusebio Camacho Borja is named CNMI Master of Arts and Culture for his work in preserving traditional cultural practices by promoting the use of the traditional ox-cart (*karetan guaka*).
IVA MAURIN

By IVA MAURIN
iva_maurin@saipantribune.com
REPORTER

Today's spotlight is trained on a man who actually needs no introduction. He is well known on the island. But then again, Eusebio Camacho Borja wants

nothing more but to make everyone happy. "I want people to be happy. I like to make people happy."

He does this by sharing his passion for the CNMI's culture,

like making available his ox- See MASTER on Page 4

AG opinion sought on legislative allowances

By ERWIN ENCINARES
erwin_encinares@saipantribune.com
REPORTER

A group that calls itself Con-

cerned Citizens of the CNMI has asked the Office of the Attorney General to look into the monthly allowances that

members of the Legislature draw down, complaining that there is "little or no accounting and justification require-

ments," among others, for these allowances.

One of the group's mem- See AG on Page 4

SPOTLIGHT

INSIDE



LOCAL

Dorina Castro is the Soroptimist International NMI's Live Your Dream awardee this year.

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BUSINESS

Fiesta Resort Guam will rebrand as Crowne Plaza Resort Guam in early 2021.

PAGE 14



LIFE & STYLE

Spearheading HBO's new adaptation of "Watchmen" didn't come without a bout of nerves.

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Local

Dorina Castro is SINMI's Live Your Dream awardee for 2019

By IVA MAURIN
iva_maurin@saipantribune.com
REPORTER

The determination to one day be a counselor and help inspire women and girls who have been through domestic

violence is what this year's Live Your Dream awardee envisions herself to be.

Dorina Castro's life story was chosen out of seven other women who also bravely shared their experiences with

the hope to receive the \$3,000 cash award last Saturday at the Live Your Dream gala of the Soroptimist International NMI at the Hibiscus Hall of the Fiesta Resort & Spa Saipan in Garapan.



Dorina Castro, the 2019 Live Your Dream awardee, fourth from right, has her picture taken with members of Soroptimist International NMI at the Live Your Dream gala last Saturday at the Hibiscus Hall of the Fiesta Resort & Spa Saipan in Garapan.

IVA MAURIN

Castro, a mother, is a domestic violence survivor.

"To all the women who are still battling domestic violence, you can recover," Castro said. "It is hard but not without riding the waves of many obstacles such as hardships [and] sacrifices. You are destined to find courage,

determination, and commitment in pursuing your dreams once again."

Castro, who was grateful to Soroptimist International for choosing her, also expressed appreciation to Karidat Social Services counselor Elaine Dela Cruz, whose "tough love" helped Castro in the

most trying of times.

The Live Your Dream awardee also shared that various programs and nonprofit organizations such as the Karidat family court, the Domestic Violence Intervention Center, and the "Get Hope" program helped her in her time of need and have led her to where she needs to be.

Along the way, Castro got a job at the Public School System as a special education teacher, while also getting her associate degree.

"As I was standing there on graduation day, I looked back [at how I] told myself that I am going to be that person wearing that black gown. ...I want to one day become a counselor like Elaine, and help inspire women and girls who have [gone] through domestic violence," she said.

Live Your Dream is a pro-

See DORINA on Page 4

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DRAW DATE 10/19/2019

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秋祭り JAPANESE AUTUMN FESTIVAL

Program

16:00	Charity Bazaar
17:00	Opening ceremony
	Food Booth
	Game Booth
	Stage Show
21:00	Close

Date: Oct. 26th (Sat)

Place: Paseo de Marianas

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北マリアナ日本人会 Japanese Society of Northern Marianas

Japan Autumn Festival

The Marianas Visitors Authority is pleased to be a sponsor of the **Japan Autumn Festival** on **Oct. 26, 2019**, at **Paseo de Marianas** in Garapan, Saipan. Organized by the Japanese Society of the Northern Marianas, the festival and associate Katori Shrine ceremony on the same day are an opportunity to learn about and enjoy Japanese culture, as well as celebrate the historic ties between The Marianas and Japan and new connections to be formed when direct flight service from Japan is launched by Skymark Airlines this year. Everyone is welcomed!

The Marianas Calendar

■ **Christmas in The Marianas**
Nov. 30 & Dec. 7, 14, 21 & 28, 2019
Paseo de Marianas, Garapan, Saipan

■ **12th Annual Hell of The Marianas**
Dec. 7, 2019



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Tourism Topics

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HAWAII & TIOW WAY

Settlement reached in defamation lawsuit

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

The parties in the defamation lawsuit filed by the wife of Superior Court Presiding Judge Roberto C. Naraja against Bank of Hawaii have entered a confidential settlement deal to resolve the entire case.

The many parties in the case—Frances DLG Naraja, Bank of Hawaii, Gloria DLG Sablan, The Lorenzo I. Deleon Guerrero Family Trust, Joaquin V. Deleon Guerrero, Margarita Deleon Guerrero Santos, and the Commonwealth Development Authority—informed the U.S. District Court for the NMI last Thursday that they have resolved the entire lawsuit.

Frances DLG Naraja, Gloria Sablan, Joaquin Deleon Guerrero, and Margarita Santos are siblings. Lorenzo Deleon Guerrero is their late father.

The parties, through their lawyers, asked court to dismiss the case with prejudice, which means the case can no longer be re-opened.

Each side shall bear its own fees and costs.

William M. Fitzgerald is counsel for Frances DLG Naraja and Margarita DLG Santos, while lawyers Sean E. Frink and Charity Hodson, are counsels for Bank of Hawaii and CDA, respectively. Samuel Mok is counsel for the Lorenzo I. Deleon Guerrero Family Trust and Gloria Sablan. Timothy H. Bellas is counsel for Joaquin Deleon Guerrero.

Frances DLG Naraja filed the lawsuit in 2018 against BOH for allegedly refusing to honor her eight cashier's checks in the total amount of \$290,000 that she had purchased in 2016, but then telling all the other banks on Saipan that she had improperly secured the cashier's checks.

Frances DLG Naraja had also sued BOH for allegedly dishonoring the cashier's checks and conversion. She sought the return of \$290,000.

BOH then filed a counterclaim against Frances DLG Naraja and third-party claims against CDA, Gloria Sablan, and the Lorenzo Deleon Guerrero Family Trust.

Last December, the U.S. District Court for the NMI Bankruptcy Division allowed BOH to include in Frances DLG Naraja's defamation lawsuit her brother, Joaquin

Deleon Guerrero.

Bankruptcy Division chief judge Ramona V. Manglona said BOH seeks to bring debt- or Joaquin Deleon Guerrero

into the defamation lawsuit so that it may obtain a complete resolution of the ownership rights to the disputed \$290,000.

The ownership issue of the \$290,000 is the subject in Frances DLG Naraja's lawsuit against BOH. The money was held in a joint

account of Joaquin Deleon Guerrero and two of his sisters, Frances DLG Naraja and Gloria Sablan.

The money is currently

being held by the Superior Court pursuant to a writ of execution in a lawsuit against Joaquin Deleon Guerrero and his wife brought by CDA.

GRAB THE DOUGH & GO!

2019 Hyundai Kona

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9H075 Blue Lagoon, 2.0L 4cyl Engine 147 hp, 7" LCD Screen rear view camera	\$2,000 SOLD	\$21,995
9H083 Dark Knight, 2.0L 4cyl Engine 147 hp, 7" LCD Screen rear view camera	\$2,000 SOLD	\$21,995
9H084 Chalk White, 2.0L 4cyl Engine 147 hp, 7" LCD Screen rear view camera	\$2,000 SOLD	\$21,995
9H099 Chalk White, 2.0L 4cyl Engine 147 hp, 7" LCD Screen rear view camera	\$2,000 SOLD	\$21,995
9H009 Blue Lagoon, 2.0L 4cyl Engine 147 hp, 7" LCD Screen rear view camera	\$2,000	\$21,995

2019 Hyundai Tucson

	SAVINGS	PRICE
9H087 Aqua Blue, 2.0L GDI 4 cyl Engine, 164 HP, Camera & Bluetooth	\$2,000	\$23,995
9H095 Sage Brown, 2.0L GDI 4 cyl Engine, 164 HP, Camera & Bluetooth	\$2,000 SOLD	\$23,995
9H096 Gemstone Red, 2.0L GDI 4 cyl Engine, 164 HP, Camera & Bluetooth	\$2,000	\$23,995
9H105 White Cream, 2.0L GDI 4 cyl Engine, 164 HP, Camera & Bluetooth	\$2,000 SOLD	\$23,995
9H107 Black, 4-cyl, 2.0L GDI 4 cyl Engine, 164 HP, Camera & Bluetooth	\$2,000	\$23,995

2020 Hyundai Veloster Ultimate

	SAVINGS	PRICE
0H001 Sunset Orange, 1.6L 4cyl 201hp Turbo Engine, Sunroof, AT / MT	\$2,000	\$26,995
0H002 Chalk White Sunset Ocean, 1.6L 4cyl 201hp Turbo Engine, Sunroof, AT / MT	\$2,000	\$26,995

2020 Hyundai Elantra Sport

	SAVINGS	PRICE
0H016 Auto Polar White, 1.6L Turbo GDI Engine 6 speed Auto/Manual Transmission	\$2,000	\$24,995
0H012 Manual Iron Gray, 1.6L Turbo GDI Engine 6 speed AT/MT	\$2,000	\$24,995
0H013 Elantra SE Intense Blue, 1.6L Turbo GDI Engine 6 speed AT/MT	\$2,000	\$24,995
0H014 Elantra SE Polar White, 1.6L Turbo GDI Engine 6 speed AT/MT	\$3,000	\$19,995
0H015 Elantra SE Denim Blue, 1.6L Turbo GDI Engine 6 speed AT/MT	\$3,000	\$19,995
0H022 Auto Fluid Metal, 1.6L Turbo GDI Engine 6 speed AT/MT	\$3,000	\$19,995

2019 Mazda CX-3 Sport

	SAVINGS	PRICE
9D152 Snowflake White, 2.0L 4cyl Skyactiv-G Eng 7" Full Screen, Keyless Entry, Alloy Wheels	\$2,000	\$21,995
9D153 Eternal Blue, 2.0L 4cyl Skyactiv-G Eng 7" Full Screen, Keyless Entry, Alloy Wheels	\$2,000	\$21,995
9D154 Machine Gray, 2.0L 4cyl Skyactiv-G Eng 7" Full Screen, Keyless Entry, Alloy Wheels	\$2,000	\$21,995
9D155 Ceramic, 2.0L 4cyl Skyactiv-G Eng 7" Full Screen, Keyless Entry, Alloy Wheels	\$2,000	\$21,995

2019 Mazda 6 Sport

	SAVINGS	PRICE
9D156 Snowflake White, 2.5L 4cyl Eng. Keyless Entry, Alloy Wheels, Rearview Camera	\$2,000	\$24,995
9D157 Machine Gray, 2.5L 4cyl Eng. Keyless Entry, Alloy Wheels, Rearview Camera	\$2,000	\$24,995

2020 Mazda CX-5 Sport

	SAVINGS	PRICE
9D161 White Pearl, 2.5L 4cyl Eng 186hp Skyactiv G Eng, Rearview Camera, Alloy Wheels	\$2,000	\$23,995
9D162 Jet Black, 2.5L 4cyl Engine 186hp Skyactiv G Eng, Rearview Camera, Alloy Wheels	\$2,000	\$23,995
9D165 Machine Gray, 2.5L 4cyl Engine 186hp Skyactiv G Eng, Rearview Camera, Alloy Wheels	\$2,000 SOLD	\$23,995
9D167 Soul Red, 2.5L 4cyl Engine 186hp Skyactiv G Eng, Rearview Camera, Alloy Wheels	\$2,000 SOLD	\$23,995

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2019 Mazda CX-5 GT

	SAVINGS	PRICE
9D111 Soul Red, Leather, Sunroof, Electric Tailgate, Rearview Camera, Heads up display	\$3,000	\$28,995

MX-5 RF Club Edition

	SAVINGS	PRICE
9D168 MX-5 Jet Black, 6 Speed Manual Transmission, Brembo Brakes, BBS Wheels	\$4,000	\$39,995

2019 Mazda CX-9 Sport

	SAVINGS	PRICE
9D169 Deep Crystal Blue, 7 Passenger, Alloy Wheels, Rearview, Camera, Heads up Display	\$4,000	\$29,995
9D170 Soul Red, 7 Passenger, Alloy Wheels, Rearview Camera, Heads up Display	\$4,000	\$29,995

2019 Mazda CX-9 GT

	SAVINGS	PRICE
9D083 Snowflake White Pearl, Leather 7 Passenger, Sunroof, 360 View, AC Seats, Lots of options	\$5,000	\$39,995



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GOVT

From Page 1

the CNMI.

That would allow the federal government to tap federal response resources for the Commonwealth.

In a statement early yesterday evening, Palacios cited the CNMI's remote location and the time and distance from the U.S. mainland to justify the early request.

Typhoon Bualoi is the second significant typhoon in two weeks to threaten the Marianas. During the early morning of Oct. 8, 2019, Super Typhoon Hagibis threatened the Marianas with maximum sustained winds at 150 mph and gusts up to 185 mph. The super typhoon passed just south of the unpopulated island of Anatahan.

In his request to the White House, Palacios said the CNMI is still in the midst of recovery from last year's Super Typhoon Yutu, which devastated Saipan and Tinian.

Currently, Bualoi—a Thai term for a kind of dessert—is moving northwest at 13 mph with maximum sustained winds of 75 mph. It is expected to maintain a northwest track with a slight decrease in forward speed through Tuesday. The current forecast takes it 30 to 40 miles north of Saipan early Tuesday morning as a possible Category 2 or 3 typhoon, with maximum sustained winds near 115 mph.

"I have determined this incident is of such severity and magnitude that effective response is beyond the capabilities of the Commonwealth government and supplemental federal assistance is necessary to save lives and to protect property, public health and

safety, and to lessen the effects of this impending calamity," Palacios said.

His request includes public assistance emergency protective measures and direct federal assistance, including Department of Defense airlift, mass care, and sheltering commodities.

Weather update

As of 7pm last night, Tropical Storm Bualoi became Typhoon Bualoi, as classified by the National Weather Service in Guam. It is expected to continue to intensify in the next few days.

Tropical storm force winds extend out to 110 miles northwest of the center, and up to 75 miles southwest of the center. Typhoon force winds extend out to 15 miles from the center.

Based on NWS information compiled at the CNMI Emergency Operations Center-State Warning Point, a typhoon warning is now in effect for Saipan and Tinian, and a tropical storm watch is now in effect for the islands of Alamagan and Pagan. A typhoon watch remains in effect for Rota and a tropical storm watch remains in effect for Guam.

NWS meteorologist Marcus Landon Aydtlett said everyone in the Marianas should keep a close watch on Bualoi.

"...even for us on Guam and Rota, as we are not out of the woods yet—not until it moves west of the Marianas. This storm will make a pass through the island chain late Monday night/early Tuesday morning with a path similar to [Super Typhoon] Hagibis two weeks ago—but not at the intensity Hagibis was at its time of passage," he said.

The U.S. Coast Guard Captain of the Port for Guam

has established Port Heavy Weather Condition YANKEE for the Saipan, Tinian, Rota, and the CNMI as of 6pm. Gale force winds are predicted to arrive within 24 hours.

PSS and NMC cancel classes

PSS and the Northern Marianas College announced yesterday that classes will be cancelled. Mount Carmel School and Grace Christian Academy have also cancelled classes today; meanwhile, Saipan Community School and Saipan International School will have half-day sessions today.

Saipan and Tinian shelters activated; Rota shelters on standby

As of 4pm yesterday, the following shelters were activated: Koblerville Elementary School, Kagman High School, Marianas High School, Tinian Elementary School, and the Aging Center (for medical needs only). Residents in tents, if able, are advised to go to the closest shelter for care, support, and relief.

The Commonwealth Office of Transit Authority was activated to provide transportation to the shelters throughout the day. Residents can call (670) 664-2690 for transportation to designated shelters.

Tents

As of 11am yesterday, the Saipan Mayor's Office, in collaboration with the Department of Fire and Emergency Medical Services and the Department of Corrections, began to help residents break down their temporary tents. This will continue until Condition I is declared.

Residents who need help breaking down their tents can call (670) 237-8000 or (670)

285-6361.

CHCC clinic open half-day

All outpatient services of the Commonwealth Health Care Corp., including pharmacy and dialysis, will be open half-day (dialysis will serve patients for first and second shift). In addition, services from the Bureau of Environmental Health, Community Guidance Center, Women, Infants, and Children Program, and the Division of Public Health Services are open half day today.

Depending on weather conditions, outpatient services may remain open in the afternoon; an update will be released this morning to confirm.

CHCC plans to close all services tomorrow. CHCC announced that office hours on Wednesday are still under determination and will provide an update at 4pm Tuesday. Patients who are affected by these closures are being contacted to reschedule their appointments.

CUC Customer Center to Open half-day today

The Commonwealth Utilities Corp.'s Saipan and Tinian Customer Centers will be open today from 7:30am to 12pm to allow customers to buy prepaid load, payments, and other transactions. Offices will close soon after. CUC Rota will remain open and will observe regular business hours.

For more information, contact the CUC Customer Call Center at (670) 664-4282 or monitor CUC's Facebook page for the latest updates.

Bank of Guam closed today

Bank of Guam's branches on Saipan and Tinian will be closed today.

beauty whom he calls "Rose Camacho Borja."

"She is very tame. She can shake hands. Every time I made her shake hands at the July 4 [parade], people would be in awe, and would say 'Wow, a cow shaking hands.' Rose is my favorite because she has won so many prizes."

Borja and his *karetan guaka* have become fixtures on the islands. He is regularly seen taking the bull cart to the villages and even along main thoroughfares.

"Beach Road is a little bit rough," he said.

Going through Beach Road may be as slow as three miles an hour "but it gets you there," Borja revealed, and then jokingly added, "I am going to put up a 'no need gas, the cow eat the grass, we smoke the grass' [sign] on my cart."

A longer version of this story is available at www.saipantribune.com

AG

From Page 1

bers, Patricia Guerrero, has sought the opinion of Attorney General Edward Manibusan on the matter in a letter dated Oct. 18, 2019, citing the need for "more transparency" on legislative allowances.

The Legislature's rules allow members of the NMI House of Representatives to draw a \$2,500 monthly allowance from their office allotments, not exceeding \$5,000.

"What is the meaning of 'office and related expenses including all expenses for travel'? Is this restrictive language or a broad term leaving items of spending almost entirely to the discretion of individual members of the Legislature?" Guerrero asked Manibusan in her letter.

In an interview, Guerrero insisted that she only be identified as a concerned citizen.

Other questions that she raised with Manibusan included whether allowances paid to members of the Legislature for "office and related expenses including all expenses for travel" were also listed, as well as questions on whether there are accounting requirements for the allowances and how the constitutional prohibition on the use of legislative appropriations for "personal or political activities" bear on those that receive monthly allowances.

She conceded that monthly allowances for each lawmaker's discretionary use is nothing new and have been authorized and paid to sena-

tors and representatives

"...However, the justification offered for those allowances was the money was needed to defray the costs of attending to legislative work outside their home district and that financial liquidity and broad discretion were necessary to accomplish this purpose," she said.

"What is new is that Saipan senators and representatives are now taking comparable allowances, even though the original justification does not and cannot apply to them," she added.

Citing the CNMI Constitution, Section 16, Article II sets a ceiling on the budget of the Legislature, she said that Section 16(b) states, "...Each member of each [H]ouse shall receive an equal amount within this ceiling not to exceed one hundred fifty-five thousand dollars annually for office and related expenses including all expenses for travel."

However, Section 16(f) states, "No part of the appropriations for the Legislature or the Legislative Bureau, other than a member's salary, may be used for personal or political activities."

Guerrero also cited other constitutional provisions, including Article X, Section 1, which states that "A tax may not be levied and an appropriation of public money may not be made, directly or indirectly, except for a public purpose. The Legislature shall provide the definition of public purpose."

A longer version of this story is available at www.saipantribune.com

MASTER

From Page 1

cart for bull rides, or volunteering with Cultural Immersion Projects as a way to teach the youth about the ways of the CNMI's elders and inspiring the *manhoben* (the youth) to be proud of their cultural and ancestral roots.

His work in preserving traditional cultural practices, through the promotion of the use of the traditional bull cart (*karetan guaka*) and his talent in domesticating livestock, was recently recognized by the CNMI Legislature via House Commemorative Resolution 21-8, which was presented to him last Sept. 24 and named him a Master of Arts and Culture in the CNMI.

"I've been working with bull carts since when my grandpa was alive. I learned a lot from him. He showed me my duties on a daily basis. I

had to help him after school," Borja recalled.

He learned how to build a *karetan guaka* under the guidance of his grandfather: how to build it by hand, using wood from *tangan-tangan*, and iron-wood trees.

"It was hard because, way back, we had to carry [the wood], [there were no] machines, and only hands. It's all about muscle," he said.

Borja, the son of the late Eugenio Arriola Borja and the late Rosa Camacho, was born into a family who lived off the land. At a young age, he was instilled with a love of his culture through ranching, using the resources used by his elders in his youth, and taking care of the animals entrusted to his care.

"Later on, I started raising pigs, cows, goats, ducks, and every animal that I could raise," Borja said.

That is when he decided to go back to when his grandfather showed him how to build

a *karetan guaka* and started building one by himself. Borja started building bull carts on his own in 1994, but only just with his family.

"Way back in 1987, someone invited me to a show. I did not expect to win but I won \$3,000 for a parade. I won again in another year, and then I realized, I wanted to showcase the bull cart to the people," he said.

That he did and the latest instance of such a grand event was when his *karetan guaka* took a prize at this year's Liberation Day parade.

Borja recalled his daughter running for Liberation Queen in 1996, and him building a bull cart. "When I look around, I do not see any people riding bull carts. I thought I can do a good thing where people would realize that [the bull cart used to be] our cars. So that is what I did."

Borja currently has four cows, his favorite being a

DOF

From Page 1

the tax period ended 2009 to 2012, 2014, and 2015 ranges from \$76 to \$21,565.

Norita said demand for payment of this liability has been made, but it remains unpaid.

Therefore, the director said, there is a lien in favor of the CNMI on all property and

rights to property belonging to the Rota Casino Gaming Commission for the amount of these taxes and any additional penalties, interest, and costs that may accrue.

Last week, citing that there is no casino on Rota, Rep. Donald Manglona (Ind- Rota) reportedly questioned the Senate version of House Bill 21-78 that appropriates \$100,000 for the island's gaming casino commissioners.

DORINA

From Page 2

gram of Soroptimist International that gives cash awards to women who are pursuing an undergraduate or training degree, who are the financial heads of their household, and need the funds to be able to continue and pursue their education.

In 2016 to 2018 alone, over 3,000 women worldwide received the "Live Your Dream" award, with a total of \$4.5

million given out, said Soroptimist International NMI president Donna S. Krum.

"Every woman's ticket out is an education," Krum said. "When you educate a woman, you change the life of that woman, her family and her community, and the world."

Krum is encouraging everyone who has a heart for women and who wants to make a difference in the lives of women in the CNMI to join Soroptimist International NMI. To know more about the group, visit soroptimistinternational.org.

CUC: Turn off main breaker to avoid generator back-feed

The Commonwealth Utilities Corp. is advising all CNMI residents using generators to ensure that their main breaker on their home panel is turned off to prevent any electrical

back-feed. This poses a danger to line crew and severe injury and death can result from these incorrectly installed generators.

■ Do not use generators

without the proper electrical switches. All generators should be connected through a double throw switch to protect your property and the line crews working on

the system.

■ Incorrectly connected generators can cause a back-feed through your secondary wiring back to the overhead transformer whereby re-ener-

gizing the overhead system to 7,970 volts.

For more information, monitor CUC's Facebook page for the latest updates at (<https://www.facebook.com/CommonwealthUtilitiesCorporation/>) or call the CUC Call Center: (670) 664-4282, CUC Outage Hotline (670) 236-4333, CUC Tinian (670) 433-9261/9264/9265. (PR)

Korean performers thrill crowd at ukulele festival

By IVA MAURIN
iva_maurin@saipantribune.com
REPORTER

For ukulele lovers and jammers, all roads led to the covered parking lot of the Marianas Business Plaza in Susupe last Saturday for the 5th Annual Marianas Ukulele Festival.

Festival organizer Larry Lee, who himself has been playing the ukulele for over 40 years, said the festival is a way for lovers of the instrument to perform on stage and get together with other members of the public who love playing the four-stringed instrument.

"The ukulele is a very popular instrument now, and it is very easy to play. A lot of people are learning how to do it, how to play, and you know, it's fun to play. It is fun to have the chance to perform live on stage; it is a big thrill for the children," Lee said.

The festival, which opened at past 2pm with a cover version of Disney's Lava from the students of Saipan Com-



Ukulele lovers gather at the 5th Annual Marianas Ukulele Festival last Saturday at the Marianas Business Plaza's covered parking lot in Susupe.

IVA MAURIN

munity School, featured live entertainment until 9pm that showcased the talents of professional ukulele master Blues Lee from South Korea, his wife, Vivian Kim, and the Korean Women's Ensemble. Local performers included Marvin and Jay, Ed Johnson, and Alana'ia, Da Kine, Jose Carreon and Juan Ichihara, the Marianas High School Hui Ukulele Club, Domatsuri Warriors, and the Ukituki Band.

Aside from the free concert, 10 ukuleles that are priced at almost \$200 each were also raffled off, as well as 20 scholarships for ukulele lessons that are worth \$50 each.

The festival is a brainchild of the Marianas Ukulele Festival Association, which has partnered with various community based ukulele instructional programs, such as the Department of Community and Cultural Affairs/Arts Council, Joeten-Kiyu Public Library, and the Carolinian Affairs Office to provide greater access to formal ukulele instruction.

"I teach at Saipan Community School. I also teach

at [Northern Marianas College] and do private lessons. I also teach at the [Joeten-Kiyu] Public Library, and we have those classes open to the public," Lee said. "There are a number of places that offer ukulele lessons that are open to the public, like the library, [the] Carolinian Affairs Office, the Arts Council, Marianas Music Association...so there are lots of ways to learn."

Festival partners/supporters included the Marianas Visitors Authority, DCCA/Arts Council, Island Training Solutions, IT&E, Fiesta Resort & Spa Saipan, Triple J Saipan, Tan Siu Lin Foundation, Robert T. Torres Law Office, Marianas Variety, Island Image & Motion, Marianas Business Plaza, Hertz Rent-a-Car, Hyatt Regency Saipan, R&M Printers, KKMP radio, and Pacific Development, Inc.

US and CNMI flags lowered to half-staff

As a mark of respect for the life and service of Rep. Elijah E. Cummings, of Maryland, President Donald J. Trump ordered that the flag of the United States be flown at half-staff at all public buildings and grounds, at all military posts and naval stations, and on all naval vessels of the federal government in the District of Columbia and throughout the United States and its territories and possessions until sunset, Oct. 18, 2019.

In compliance with this, acting governor Arnold I. Palacios also ordered that the flag of the Commonwealth be flown at half-staff for the same period of time until sunset, Oct. 18, 2019. (PR)

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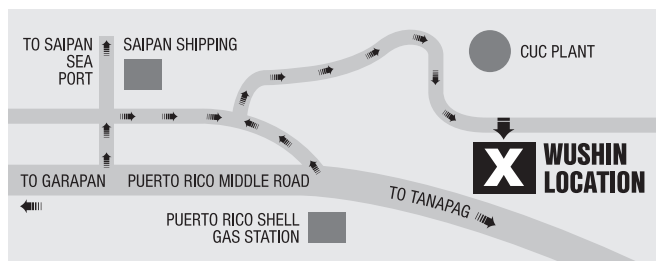
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DPS arrests alleged robbery suspect

Police of the CNMI Department of Public Safety apprehended 30-year-old Michael Jordan Palacios Cabrera last Thursday at his home in Chalan Kanoa, soon after DPS issued a "wanted" notice against him for allegedly robbing and injuring a woman behind the Shun Fu Market in Gualo Rai last Tuesday.

Police had gone to the victim's home in response to a 911 call at about 3:42pm last Tuesday.

At the scene, officers met with the victim who was bleeding from her head and claimed

that she was feeling a burning sensation around her face after the suspect sprayed her with a liquid substance. Medics were summoned to the scene and the victim was brought to the Commonwealth Health Center for treatment on two lacerations on her head. The wounds were closed using five staples.

Police detectives learned that the victim was in her home with the front door closed but left unlocked, when a man wearing a dark-



Cabrera

colored hat, a pair of dark sunglasses, and a white tank top suddenly entered the house. The suspect sprayed the victim in the face with liquid substance and repeatedly hit her with an unknown object, resulting in the victim falling to the ground and the suspect running off with the victim's purse and cellphone.

Detectives later obtained video surveillance footage from a nearby establishment and it showed a man match-

ing the description provided by the victim holding an orange object on one hand and a brown purse on the other. It then showed that the suspect fled the scene on a silver Hyundai Elantra.

Cabrera was immediately identified in the video from previous criminal cases. A still image of the suspect was shown to the victim for identification, and the victim was able to identify the male individual in the image as the same suspect who committed the robbery.

Last Wednesday, at about

9:32pm, Superior Court Associate Judge Teresa K. Kim-Tenorio signed and authorized the arrest warrant for Cabrera on the charges of burglary and theft, assault and battery, and assault with a dangerous weapon, with a cash bail set at

\$30,000.

DPS detectives arrested Cabrera at his house on Thursday, Oct. 17, 2019, at about 4:19pm. He was later transported to the Department of Corrections where he was booked and detained. *(Marc A. Venus)*

Guam mayors seek solution to hundreds of invasive feral pigs

HAGATNA, Guam (AP)—The U.S. Department of Agriculture has captured hundreds of feral pigs, but some mayors say it is just a fraction of the population.

The department has removed about 450 feral pigs in the last year with 14 traps and has worked on new technology to make the capturing process easier, *Pacific Daily News* reports.

The goal is "to work more areas at a time and remove more feral swine from Guam's ecosystem," said Jeffrey Flores, acting director for USDA Guam State Office.

There is an increase in pigs destroying crops and scaring residents, the Mayors' Council of Guam said.

Some mayors have trapped about six to 10 wild pigs weekly in their own villages, raising concerns about human health and safety, they said.

"As a farmer, I am declaring that the wild pig issue is a crisis to the farmers of Guam. We need to address it as a whole," San Nicolas said at a council meeting on Wednesday.

Some have suggested applying for federal grants to address the issue and having mobile slaughterhouses that can go from one village to another, the council said.

"Feral swine are an invasive species, and vectors of many diseases that may negatively impact humans," Flores said.

Feral pigs can carry multiple diseases including leptospirosis, leading to potentially fatal infections of the kidney, liver, brain, lung and heart, officials said.

Guam has the highest incidence of leptospirosis per capita compared to the rest of the United States, "mainly due to feral swine," Flores said.

Anti-diabetes program OK'd to draw from anti-smoking fund

The House of Representatives has passed legislation that allows a Commonwealth Health Care Corp. program to draw funds from the Tobacco Control Fund.

In a session Tuesday afternoon on Capital Hill, the House passed unanimously Sen. Justo Quitugua's (R-Saipan) Senate Bill 21-2, which seeks to allow the CHCC's Diabetes Care and Control Center to receive funds from the Tobacco Control Fund.

According to Public Law

13-38, only the "Department of Public Health" is eligible to draw from the fund. The Department of Public Health was later renamed to what is now known as CHCC.

The bill corrects this, while making program activities of the Diabetes Care and Control Center eligible to obtain funding.

According to P.L. 13-38, the fund can be used to support prenatal and maternal care, given that pertinent programs incorporated smoking cessation assistance and guidance

on possible effects on fetal development; for comprehensive school health education programs; or for workplace-based community smoking prevention and cessation programs.

CHCC chief executive officer Esther Muña noted that this is proper, especially since smokers have a 30% to 40% higher risk for Type 2 diabetes compared to nonsmokers.

"People who have diabetes are significantly affected by smoking habits as well. High levels of nicotine from smok-

ing can impede the efficacy of insulin, so those with diabetes [and] smoke need larger doses of insulin to control their blood sugar," she wrote in support of the legislation.

"...Strategies to reduce tobacco use, such as the tobacco control tax, is an important strategy to reduce Type 2 diabetes in the CNMI. Likewise, when patients with diabetes are able to quit smoking, their condition can become easier to manage," she added. *(Erwin Encinres)*

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SURVIVOR STRONG

Northern Marianas College students, staff, and faculty participated in the "Silent Walk" last Oct. 16, 2019, to honor survivors and victims of domestic violence and to help raise campus awareness. The event was organized as part of Domestic Awareness Violence Month in association with the Northern Marianas Coalition Against Domestic and Sexual Violence.

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Plan on hold to replace wooden power poles with concrete ones

By **FERDIE DE LA TORRE**
 ferdie_delatorre@saipantribune.com
 REPORTER

The plan to replace the Commonwealth Utilities Corp.'s wooden power poles on Saipan and Tinian with concrete ones is temporarily on hold until funds for the project become available.

CUC executive director Gary P. Camacho told the CUC board last week that the Federal Emergency Management Agency's funding for the restoration plan has not been obligated in its entirety since the plan is still undergoing FEMA review.

He said CUC will resume the project once funding is obligated and is available for use.

CUC's restoration plan in the wake of Super Typhoon Yutu, which hit the Commonwealth in October 2018, focuses on the hardening and strengthening of CUC's overhead power distribution system on the two islands.

That plan would require at least 2,121 concrete poles of various sizes to replace wooden poles of corresponding length. It would also involve installing transformers, pole hardware, and conductors.

He said CUC's Power Di-

vision Office is working with the CNMI Public Assistance Office under the Office of the Governor to come up with a restoration plan that meets CUC's hardening goals for its power distribution system.

On Saipan, out of 3,195 damaged wooden poles, 41% have already been replaced with concrete poles as of June 7, 2019, and there are 59% that remains to be completed.

On Tinian, out of 1,067 damaged wooden poles, 76% have already been replaced with concrete poles as of June 7, 2019, and there are 24% that remains to be done.

BIRTHDAY SHOUTOUT



Happy birthday my dear daughter, Mikaela Vergara! I love you! Greetings come from Daddy Luis Vergara and family.

CONTRIBUTED PHOTO



Commonwealth Utilities Corporation

Office of the Executive Director



INVITATION FOR BIDS

CUC-IFB-19-029

MAUI 4 WATER TANK DEMOLITION

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified contractors for the demolition of the Maui 4 Water Tank located in Sadog Tasi, Saipan, Commonwealth of the Northern Mariana Islands.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **\$100.00** (non-refundable) for one IFB package set.

A Pre-Bid Conference is scheduled on **October 9, 2019 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) hard copies of the bids must be submitted in a sealed envelope marked **"CUC-IFB-19-029 Maui 4 Water Tank Demolition"**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on October 25, 2019**, at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered. Bids shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement the form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A *Bid Guarantee* of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or request for clarification regarding this project must be submitted in writing no later than **10:00 AM (ChST) on October 15, 2019** to Manny B. Sablan, CUC Purchasing Administrator, via email manny.sablan@cucgov.org with a copy to Acting Drinking Water/Wastewater Manager, Yvonne Cabrera via email yvonne.cabrera@cucgov.org and Christie Sablan, CUC Purchasing Technician, Senior via email christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in the said bids, if in its sole opinion, to do so would be in the best interest of CUC. All bids submitted shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator



COMMUNITY BRIEFS

Military and Guam Police training

SANTA RITA, Guam—The U.S. Navy will conduct training today, Oct. 21, from 3pm to 9pm, in Outer Apra Harbor.

The U.S. Navy will conduct open-ocean exercises on Oct. 22-23, from 5pm to 9pm within a 10-nautical-mile radius of the coordinates: 13°26'N/145°08'E, 13°42'N/144°36'E.

It is recommended the public, fishermen and marine tour operators monitor the Coast

Guard broadcast notice to mariners for advisories.

The Guam Police Department will conduct training on Oct. 21-22 and Oct. 24-25, from 8am to 5pm at Radio Barrigada.

The U.S. Air Force will conduct training on Oct. 26, from 10:30am to 4:30pm, at the island of Farallon de Medinilla.

The general location of the training on the island of Farallon de Medinilla will be within a 12-nautical-mile radius of the island, located in the Com-

monwealth of the Northern Mariana Islands.

Guam Passport Office closed on Wednesday

The Guam Department of Revenue and Taxation announces the closure of its Guam Passport Office on Wednesday, Oct. 23, 2019, from 8am to 5pm for annual training with the U.S. Department of State. Regular office hours of 8am to 5pm will resume on Thursday, Oct. 24, 2019. **(PR)**



WRITERS' WORKSHOP

Aspiring as well as published authors attend Walt F.J. Goodridge's 11th "Little Flights of Fancy" Writers Workshop at the Joeten-Kiyu Public Library on Saipan last Saturday, Oct. 19, 2019. From left, Riza Ramos, Rosemarie Doctor-Emble, Keling Sun, Jude Villagomez, Joe Hill, Gary Liddle, Walt Goodridge, Paul Plunkett, and Brenda Tenorio. A portion of the proceeds from the workshop is donated to the library.

CONTRIBUTED PHOTO



Commonwealth Utilities Corporation

Office of the Executive Director



INVITATION FOR BIDS

CUC-IFB-19-036

MANNED SECURITY and ELECTRONIC MONITORING SERVICES

The Commonwealth Utilities Corporation (CUC), Office of the Executive Director is soliciting competitive bids from qualified firms to provide Manned Security and Electronic Monitoring Services for various sites at CUC, Saipan, Tinian and Rota, Commonwealth of the Northern Mariana Islands.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one IFB package set.

Contractors must provide proof of "Indemnity Liability Insurance," specifically covering security workers assigned to CUC's compound. Coverage must be a minimum of \$200,000.00. The Contractor shall agree to and indemnify and hold CUC harmless from and against all liability, loss, damage or injury, and all cost and expenses (including attorneys' fees and costs of any suit related thereto) suffered or incurred by the Cooperative, arising from or related to Contractor's negligent performance under the contract.

Proponents shall provide a certification signed by a principal of the company stating that the company is currently in full compliance with all applicable CNMI and Federal Labor Laws and has been for the past Five (5) years. Proponents shall submit a listing of all of its employees (US & Foreign) with corresponding job titles and a certification of good standing from the CNMI Department of Labor. Failure of the company to provide the certification is grounds to reject the entire Bid.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked **"CUC-IFB-19-036, Security Guard Services"**, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST, Saipan Time) on October 25, 2019**. Late submissions of Bids will not be considered.

This Invitation for bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of Bid in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federal Laws. All responses to this Invitation for bids should take into account any and all taxes, including excise tax, which will become the obligation of the Proponent, awarded a contract.

All Proponents are advised that CUC assumes no responsibility in any act of omission on the part of the Proponents due to lack of information or understanding of the Bid requirements in the course of Contractor's preparation of a Bid under the contract.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing **no later than 10:00 a.m. (ChST) on October 11, 2019** to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to John Mafnas, CUC Contracting Specialist via email address john.mafnas@cucgov.org and Christie Sablan, CUC P&S, Purchasing Technician, Senior - christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in the said bids, if in its sole opinion, to do so would be in the best interest of CUC. All bids submitted shall become the property of CUC.

WILLIAM GILMORE
Acting Executive Director

MANNY BOYER SABLAN
Purchasing Officer



Commonwealth Utilities Corporation

Office of the Executive Director



INVITATION FOR BIDS

CUC-IFB-19-040

Waste characterization and Disposal - CUC Saipan Power Plant No. 1 and Rota Power Plant

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed bids from qualified and experienced firms for the Waste characterization and disposal - CUC Saipan power plant 1 and Rota power plant, the Commonwealth of the Northern Mariana Islands.

Contractors are advised that the work will be carried out as a part of CUC response actions under the terms of Stipulated Order No.2 (SO 2).

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **\$100.00** (non-refundable) for one IFB package set.

A mandatory **site visit and pre-bid meeting** is scheduled on **October 10, 2019 at 10:00am (ChST)** at CUC Power Plant 1 Administration Building, Lower Base, Saipan, to ensure that the contractors are fully aware of the work involved and familiarize with the site conditions. All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the plant site conditions in the course of Contractor's preparation of a bid or performance of work under the contract.

One (1) original and five (5) hard copies must be submitted in a sealed envelope marked **"IFB-19-040: Waste Characterization and Disposal - CUC Saipan Power Plant No. 1 and Rota Power Plant"** to the CUC Procurement & Supply Office, 3rd Floor Joeten Dandan, P.O. Box 501220, Saipan, MP 96950, no later than **October 29, 2019 at 10:00 AM (ChST)** at which time they will be publicly opened and read aloud. Late submissions and conditional bids will not be considered.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract. Bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

The bidder is required to submit a copy of his CNMI Business license in compliance with the Contractor's Registration and Licensing Laws of the Commonwealth of the Northern Mariana Islands, upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page - <http://www.dol.gov/esa/minwage/cnmi/cnmi.htm>. The contractor shall be required to comply with all CNMI and applicable Federal Laws.

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than **10:00 a.m. (ChST) on October 14, 2019** to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to Venugopal Pranhakara, Utility Coordinator/ ATMO via email address venugopal.prabhakara@cucgov.org and Christie Sablan, CUC P&S, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids and waive any defects in the said bids, if in its sole opinion, to do so would be the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

MVA primes Tokyo commuters for Marianas flights

In anticipation of regular direct flights from Tokyo to the Marianas beginning this year, the Marianas Visitors Authority has updated one of its most visible promotion in the heart of Japan's business district by Tokyo's Shimbashi Station.

The MVA has placed new destination images in its wall display featuring the Marianas in one of Tokyo's busiest train stations.

The display, originally launched in early 2017, now features 12-foot, backlit images of diving, golfing, parasailing, annual sporting events organized by the MVA, yoga, and more and invites the 535,000 daily passengers transiting Shimbashi station to explore "Sports Islands: The Marianas." Commuters are urged to fly to a "new" Saipan.

"Our wall display is located alongside the headquarters of prestigious international brands such as All Nippon Airways, Shiseido, Fujitsu, and others. With two major trainlines meeting at the station, we have the potential to reach over 535,000 people daily at this location," said MVA managing director Priscilla M. Iakopo. "Our new message is that the Marianas is a new, dynamic destination for travelers who want to enjoy sports. The MVA continues to grow its sports tourism brand, and we hope to attract more professional teams to train here, where we have conducive weather all year. The timing is perfect, as Skymark Airlines will start regular flights very shortly and we are also starting to promote the MVA's annual



New photos promoting "Sports Islands: The Marianas" highlight the Marianas Visitors Authority's promotional wall display launched on Oct. 11, 2019, at Shimbashi station in Tokyo, Japan. The station receives over 535,000 daily passengers from two major lines. **MVA**

sporting events of the new fiscal year, including Hell of the Marianas century cycle in December and Saipan Marathon in March 2020."

The new display was revealed on Oct. 11, simultaneously with new "Sports Islands" homepages on the MVA's Japanese-language website. The ad will run through Sept. 30, 2020.

The Marianas display also faces the Nippon TV event space, ideal for targeting high-end business people.

Editor's Note: An article in <http://sky-budget.com> states that Skymark will start operating the Narita-Saipan route on Nov. 29, 2019, but there has been no official announcement from Skymark itself. **(MVA)**



Sports activities in the Marianas highlight the Marianas Visitors Authority's updated promotional backlit wall display launched on Oct. 11, 2019, at Shimbashi station in Tokyo, Japan. The station receives over 535,000 daily passengers from two major lines. **MVA**



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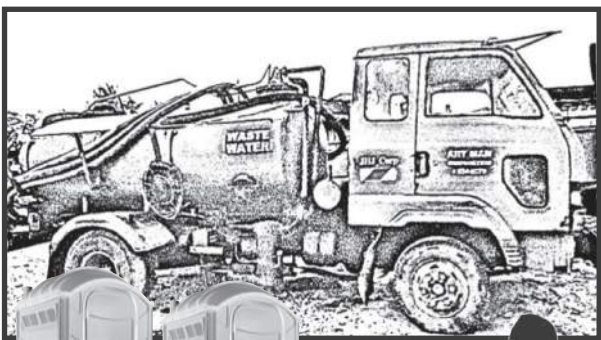
Mobil

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*Research Octane Number is the numerical rating of knock resistance for a fuel during acceleration, which is a component of the Octane number posted on the pump. It is not the Octane rating itself, so it will not be the number you see when you are at the pump.

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Opinion

Hafa Adai!

Saipan Tribune

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Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR
jayvee_vallejera@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

MEMBER

AP The Associated Press

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EDITORIAL

Police bias endangers African Americans

We don't know what was running through the mind of a Fort Worth, Texas, police officer when he shot through a woman's window while she sat playing video games with an 8-year-old child, killing her. Aaron Y. Dean, who has since resigned from the police force and been charged with murder, isn't saying much about what led him to fire.

What we do know is that he was quick on the trigger and took an undercover SWAT sting approach to an incident that came in response to a wellness call on a nonemergency police line.

Dean and another officer overreacted to the incident from the beginning, sneaking around the house and peering through windows rather than knocking on the front door and announcing themselves—and asking if everyone is OK. Remember, a neighbor called police out of concern. Instead, Dean made a four-second, very bad judgment call and shot Atatiana Jefferson to death.

We can't help but wonder if the same compassionless approach would have been deployed in a white neighborhood, or if an implicit bias that often causes police officers to automatically look at African Americans as a threat came into play.

Too often African Americans aren't given the benefit of the doubt by police officers, who make unfounded associations about groups of people. For African Americans, it is that they are dangerous and on the wrong side of the law. There are too many stories about African American victims who find themselves treated like the suspect. Like when Harvard Professor Henry Louis Gates Jr. was questioned by Cambridge police several years ago about whether he lived at his residence, even after showing them identification.

Growing research has also found that biased judgement and perceptions could also be why in the United States, African Americans are 2.5 times more likely to be killed by police than white people; 1 in 1,000 black boys will be killed by law enforcement in their lifetime.

Police officers across the country need better training on how the unconscious beliefs they have about certain groups of people affect how they respond to crime scenes and 911 calls. It's clear too many aren't getting the message as the killings of African Americans by police keep occurring. Thank goodness for cellphone video and social media outrage for keeping the issue in the spotlight, but we've reached far beyond the point of outrage and need to come up with solutions.

That doesn't discount that there are also overt racists among our rank-and-file officers. But it can be just as dangerous when officers don't recognize that their beliefs influence how they do their jobs.

The police are supposed to protect the public, and it's about time they realize the public means people of all races.

(c)2019 The Baltimore Sun



230 years of reining in presidential misconduct

Many presidents, starting with Thomas Jefferson, have faced calls for impeachment. Most presidents and members of their administrations, starting with the presidency of George Washington, have come under fire for serious breaches of law and conduct. How can we understand our present crisis against the long record of presidential wrongdoing?

Until the presidency of Richard Nixon in the 1970s, White House misconduct flowed in expected human channels. From the start, greed proved the major motivation of those caught out for breaking the law. The first instance of executive branch malfeasance, which occurred in 1792, during Washington's first term in office, involved the theft of federal funds by a well-known speculator serving as assistant secretary of the Treasury. Ever since, high federal officials have tried to use public office for private gain.

When faced with charges of misconduct, officials' go-to defense has been to try to cover up their actions, whether it's the misuse of government funds or sexual dalliances, the latter in the case of Bill Clinton and Donald Trump.

Lying, as Ronald Reagan did about his knowledge of the unlawful transfer of funds from one use to another during the Iran-Contra affair, has played a large role in cover-ups. Human embarrassment is a rich seedbed for attempts to suppress evidence.

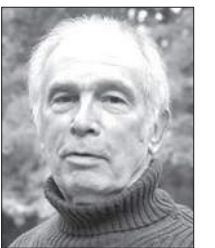
But over 230 years of constitutional government, presidential misconduct has been forced often to change course. Laws that removed federal offices from patronage and outright purchase—the most famous example being Andrew Jackson's "spoils system"—have made federal service more honest than it would have been without them. Where earlier it was relatively easy to award federal contracts to political friends—as was the case in the notorious Teapot Dome scandal of Warren Harding's administration in the 1920s—the tightening of bidding rules has now made it difficult for federal officials to award contracts to political favorites.

More, of course, could be done. The Supreme Court gutted Congress' efforts on campaign finance reform in its egregious Citizens United decision in 2010. Public offices and access to public officials, including presidents, are still for sale. It's just that now you buy those privileges through campaign contributions rather than directly from federal officers.

Throughout the nation's history, presidents and officials who stepped over the line of convention and law always faced the dangers of exposure and legal penalty. Existing laws, an aroused citizenry, a robust press, vigilant federal officials (now buttressed by the protections of whistleblower laws), congressional investigations and the courts have stepped in to call erring officials to account.

By **JAMES M. BANNER JR.**
Los Angeles Times

James M. Banner Jr. is a historian and the editor of Presidential Misconduct: From George Washington to Today.



And yet such defenses against misconduct are never enough, as the record shows, to prevent all wrongdoing, especially when wrongdoing is orchestrated out of the White House and covered up there. That's the novel situation that we've faced since Nixon's presidency and face once again. And there's probably nothing short of impeachment—what has been called "the grand inquest of the nation"—that can deal with it.

No president before Nixon used the Oval Office for illegal activity. Previous presidents facing charges of misconduct were often the victims of their own naivete and the people they'd appointed to office. Ulysses S. Grant and Warren Harding, who presided over two of the most corrupt administrations in American history, were themselves blameless of misconduct. They simply couldn't bring themselves to fire wrongdoers whom they happened foolishly to trust. But they didn't engage in it themselves.

Nixon was different. As the Watergate tapes show, he waded into the fray with his close associates and approved, ordered and directed his administration's cover-ups of its actions. For his involvement, he was named an unindicted co-conspirator in the Watergate burglary by a federal grand jury, the first chief executive ever to be so named.

That administration's misdeeds ought to have served as fair warning to its successors. They appear not to have done so. President Trump has already been implicated as "Individual 1" in the criminal case against his former personal lawyer Michael Cohen. He has refused to cooperate with the House inquiry into his request that Ukraine investigate Joe Biden and his son and seems to be daring Congress to impeach him.

While freighted with danger, impeachment is the only instrument offered by the Constitution to bring an administration otherwise out of direct reach of the law to book.

No citizen can look upon the prospect of what's ahead in the next few weeks with pleasure. But when what James Madison called "parchment barriers"—the Constitution, laws, court decisions, words on paper—no longer avail to discipline a president who defies the law, impeachment is the only option open to us.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Can we have some more of this picture?



SHEALAH CRAIGHEAD/THE WHITE HOUSE VIA GETTY IMAGES/TNS

In this handout provided by the White House, U.S. President Donald Trump meets with House Speaker Nancy Pelosi and congressional leadership in the Cabinet Room of the White House Oct. 16, 2019, in Washington, DC. Pelosi later said Trump referred to her as a “third-grade politician.”

You look at the picture and just can’t turn away. Doesn’t matter if you’re Democrat or Republican; if you’re a woman, it’s simply amazing.

U.S. House Speaker Nancy Pelosi is staring down President Trump in the White House, their first meeting since she launched impeachment proceedings against him. The most powerful woman in the United States dressing down the most powerful man in the United States. Pelosi pointing a finger at Trump, who is seated across from her at a shiny conference table surrounded by men, the president flashing a fraternity boy smirk.

HOLY COW.

Can we have some more of that?

For women who have marveled at how men still horde power for each other even a century after women got the right to vote, that image Trump tweeted, along with other extraordinary visuals this week involving women and power in this country, were a sight to behold. Downright awesome.

“She seemed to be the only woman at the table,” said Dana Brown, a Pittsburgh political scientist whom I called Thursday because she is executive director of the Pennsylvania Center for Women and Politics there. “I was excited about it. I was inspired by it.”

And it wasn’t all.

On Tuesday, four women (I wish I could put that in boldface and tack on a few fireworks emojis) stood on a single presidential

debate stage alongside eight men seeking the Democratic nomination, each pushing for the chance to run against Trump next year.

In three hours on live TV, we saw Massachusetts Sen. Elizabeth Warren sparring with former Vice President Joe Biden; California Sen. Kamala Harris trying to lure Warren, a front-runner, into rhetorical traps; Minnesota Sen. Amy Klobuchar touting her Midwestern get-it-done credentials and legislative accomplishments; and U.S. Rep. Tulsi Gabbard of Hawaii also working to be heard.

But the Pelosi picture on Wednesday?

It was the most delicious of them all.

Let’s call it Trump’s twitter post version of a WWE wrestling promo shot (Trump is a fan): a snapshot by a White House photographer of the president facing off with the battle-hardened politico who is second in line to the presidency—and who happens to be a woman.

Trump sought to portray this veteran of Washington politics as—hang on, are you ready for this?—emotional.

“Nervous Nancy,” he called her.

I know. Super boring. Especially from a man so manic that he could give that unforgettable 1980s soap opera character Alexis Carrington Colby a run for drama queen crown.

But that tactic and junk-food verbiage has worked well in this country for years as women have increasingly sought economic self sufficiency and a place at the table. It’s the add-water insult

By MARIA PANARITIS

The Philadelphia Inquirer



Maria Panaritis is a columnist for The Philadelphia Inquirer.

aimed at dispensing of women whose smarts and ambition are perceived as threatening.

Look no further, though, than our own backyards here in Pennsylvania for proof that these “Mad Men” norms, which have been amped up by Trump’s misogynistic rhetoric, are under assault. A war for equal sway is underway under Trump’s watch, being led by some of the very same women who, primarily on the political left, may have watched this week’s displays with equal wonder.

Across Pennsylvania and principally its Philadelphia suburbs, women have forced their way into state legislative and U.S. House and Senate seats in large numbers since Trump’s 2016 ascendance to the White House. The backlash is continuing this November, with untold women vying for slots on local school boards, town councils and countywide seats, too.

Pelosi’s House had not a single woman in it from Pennsylvania when Trump won three years ago. Today, the state has four women in Washington. One of them, Rep. Mary Gay Scanlon of Swarthmore, proudly tweeted Trump’s photo of Pelosi.

If only the week had been full of all good news.

Instead, the Forum of Executive Women delivered a sobering reminder of just how rigged the system remains against smart women in 2019. That group, based in the Philadelphia region, made public a report that found that women here remain grossly underpaid and underrepresented at the highest reaches of corporate life.

Twelve of the region’s largest public companies still have not even one woman on their boards.

The state Capitol, too, despite the wins of many women in state House and Senate contests 11 months ago, remains largely a relic of another era.

“If you go to Harrisburg today,” said Brown, of the Center For Women and Politics, “there are still some rooms you can go into that do not have women participating in subcommittee meetings.”

Forum president Lisa Detwiler called for more change and faster, even as her group’s annual survey had tracked gradual change in the corporate and political realm.

“It is taking far too long to achieve economic, political and social equality,” wrote Detwiler, managing director of FS Investments.

In sum: Too many boys, and not enough Nancys in the room.

I’ve had enough: I’m done with the Republican Party

With so much happening in the world, you probably don’t want to read about my own personal dark night of the soul.

But at the risk of sounding narcissistic, I do think there is some value in examining why a person like me would feel compelled to leave the Republican Party.

It was only four years ago that I proudly, defiantly and publicly abandoned the Democrats. I’d left them in spirit many years before, mostly because of their insistence on treating abortion rights as fundamental. Nevertheless, apathy kept me from changing my registration for several years longer than I probably should have.

In 2016, John Kasich was my escape hatch. Changing my registration just in time for the Pennsylvania presidential primary gave me the sense that even if he didn’t win the nomination, I was able to cast my vote for a genuinely pro-life candidate: pro-child, pro-mother, pro-worker, pro-immigrant, pro-faith. He spoke a language I understood, a language that had become mangled in the mouths of Democrats.

Watching the debates this week, I heard that confused rhetoric again, with the candidates all declaring their horror at the carnage of gun violence but completely at peace with legalized abortion. If I needed any reminder of why I stopped supporting the Democratic Party, it was right there on that stage.

But the comfort and fellowship I thought I’d found in the GOP was shattered last week, when President Trump took a phone call from Turkey’s president and decided to withdraw our troops from Syria, abandoning our Kurdish allies. While some GOP lawmakers spouted off righteous indignation and some invoked real pushback, for me, it was too little, much too late. The abandonment of the Kurds and the almost cavalier attitude of some of my Trump-supporting acquaintances was a wake-up call that this was no longer a party I wanted to belong to.

This was supposed to be the party that valued our relationship with NATO, the party of a strong national defense, the party that respected our military. This was supposed to be the party that didn’t take a knee when the National Anthem was played, that wasn’t embarrassed by overt expressions of patriotism.

My angry feelings toward the Republican Party were further compounded this week when two agencies of the federal government—ICE and the FBI—threatened to deport one of my immigration clients. My client has spent the last few years providing valuable information to them in exchange for being allowed to remain in the United States—but now that the investigation has closed, he’s been taken into custody and it is likely that he’ll be deported.

I believe strongly in loyalty. It’s everything to me. That’s why

By CHRISTINE M. FLOWERS

Philadelphia Daily News



Christine M. Flowers is a lawyer and columnist for the Philadelphia Daily News. Readers may send her email at cflowers1961@gmail.com.





I can’t get behind a Republican Party that is disloyal to everyone from our Kurdish allies, who supported us in the Middle East, to my client, who risked a lot to help America and was repaid by being sent to a detention center.

I’ve had enough. I will never return to the Democratic Party, because of how they embrace abortion, play games with identity politics, and think that gender is a matter of opinion. But I no longer feel that the Republican Party represents my morals.

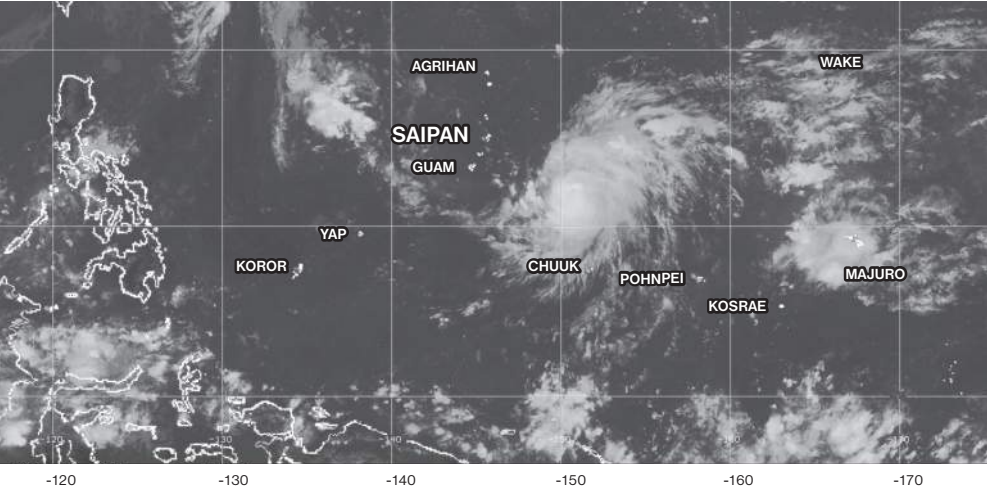
This is my own Declaration of “Independent.” This week, I registered as an Independent. I will never again be a Democrat, particularly not in a city where that party is filled with people like Larry Krasner and Jim Kenney. Their principles are anathema to me. But the GOP abandoned the principles I loved.

And so, I abandoned them.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN							
TODAY		TUESDAY		WEDNESDAY		THURSDAY	
FRIDAY							
							
Typhoon force winds likely. North winds 35 to 45 mph becoming northwest and increasing to 65 to 75 mph after midnight. Cloudy with torrential rain and isolated thunderstorms.		Very windy. Southwest winds 30 to 40 mph becoming south 15 to 20 mph in the afternoon. Mostly cloudy. Torrential rain and isolated thunderstorms in the morning, then scattered showers and isolated thunderstorms in the afternoon.		Mostly cloudy with isolated showers and thunderstorms.		Mostly cloudy with isolated showers and thunderstorms.	
Partly cloudy with isolated showers.							
84°	76°	82°	76°	87°	77°	88°	78°
88°	78°	88°	78°	88°	78°	88°	78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 11:49 AM, SUNDAY, OCTOBER 20 2019

Western North Pacific between equator and 25N from 130E to 180.

Tropical Storm Bualoi is the proverbial 800 pound gorilla in this forecast package. Through Tuesday, everything revolves around Bualoi. Weather is still benign today, however it will begin to degrade tonight. The change in Guam is expected to be rather subdued, with an increase mainly in clouds and showers. Moving farther north, the change in showers become larger and the winds increase. Winds could reach 90 knots within Saipan waters. After Tuesday, conditions will normalize, becoming drier and less windy. Not too long after that, we will be able to recombine the zones.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA			▲ ▼ °F
Guam and Rota	Partly sunny	82 / 89 °F	
Palau	Mostly cloudy	81 / 88 °F	
Yap	Mostly cloudy	79 / 88 °F	
Chuuk	Partly sunny	80 / 88 °F	
Pohnpei	Partly cloudy	78 / 86 °F	
Kosrae	Partly sunny	80 / 86 °F	
Majuro	Thunderstorms	82 / 87 °F	

AROUND THE GLOBE			▲ ▼ °F
Auckland	Partly cloudy	53 / 64 °F	
Beijing	Sunny	51 / 74 °F	
Hong Kong	Mostly cloudy	78 / 82 °F	
Honolulu	Mostly sunny	74 / 82 °F	
London	Partly cloudy	47 / 57 °F	
Los Angeles	Sunny	60 / 87 °F	
Manila	Partly cloudy	79 / 86 °F	
Melbourne	Partly cloudy	45 / 60 °F	
Miami	Partly cloudy	76 / 83 °F	
New York	Cloudy	69 / 80 °F	
Osaka	Morning clouds	62 / 80 °F	
Paris	Morning clouds	48 / 62 °F	
Pusan	Sunny	61 / 74 °F	
Rome	Morning clouds	49 / 67 °F	
Salem	Cloudy	47 / 59 °F	
San Francisco	Mostly sunny	52 / 70 °F	
Seoul	Morning clouds	51 / 73 °F	
Tokyo	Cloudy	65 / 72 °F	
Washington, DC	High level clouds	65 / 83 °F	



NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- *11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY			FEET
6:38 AM	LOW TIDE	-0.07	
2:25 PM	HIGH TIDE	1.70	
8:01 PM	LOW TIDE	1.24	
-	-	-	

DAY	SUNRISE	SUNSET
Today	6:09 AM	5:53 PM
Tuesday	6:09 AM	5:52 PM
Wednesday	6:10 AM	5:52 PM
Thursday	6:10 AM	5:51 PM
Friday	6:10 AM	5:51 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	12:20 PM	11:57 PM
Tuesday	-	1:15PM	-
Wednesday	12:57 AM	2:08 PM	-
Thursday	1:58 AM	2:58 PM	-
Friday	2:59 AM	3:45 PM	-

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FLIGHT SCHEDULE AS OF OCTOBER 15, 2019							
DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:15am	9:57am	Daily	UA174	7:30am	8:07am	Daily
UA105	6:25pm	7:05pm	2, 4	UA104	4:50pm	5:31pm	2, 4
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:30am	6:30am	4	7C3452	9:05pm	2:10am+1	1, 2, 4, 5, 6, 7
7C3451	3:10am	6:10am	1, 2, 3, 5, 6, 7	7C3452	9:35pm	2:30am+1	3
SAIPAN-SEOUL (ICN)				SEOUL (ICN)-SAIPAN			
TW308	1:35am	5:20am	Daily	7C3402	9:30am	3:10pm	Daily
OZ626	2:20am	6:00am	1	TW307	7:00pm	12:35am+1	2, 3, 4, 5, 6, 7
OZ626	2:50am	6:30am	2, 3, 4, 5, 6, 7	TW307	7:05pm	12:35am+1	1
7C3403	4:45am	8:35am	1, 2, 3, 5, 7	OZ625	7:40pm	1:10am+1	7
7C3403	5:00am	8:30am	4	OZ625	8:15pm	1:45am+1	1, 2, 3, 4, 5, 6
7C3403	5:00am	8:50am	6	7C3404	10:10pm	3:40am+1	1, 2, 4, 6, 7
7C3401	4:10pm	7:45pm	4, 7	7C3404	10:40pm	4:10am+1	3, 5
7C3401	4:10pm	8:10pm	1, 2, 3, 5, 6				
SAIPAN-SHANGHAI (PVG)				SHANGHAI (PVG)-SAIPAN			
3U8648	6:10am	8:50am	1, 4, 5, 7	3U8647	10:30pm	4:30am+1	3, 4, 6, 7
SAIPAN-HANGZHOU (HGH)				HANGZHOU (HGH)-SAIPAN			
JD396	7:30am	12:05pm	1	JD395	8:05am	3:30pm	4
JD396	4:50pm	7:55pm	4	JD395	8:50pm	5:00am+1	7
SAIPAN-GUANGZHOU (CAN)				GUANGZHOU (CAN)-SAIPAN			
3U8646	4:30am	7:50am	2, 6	3U8645	8:10pm	3:10am+1	1, 5
SAIPAN-BEIJING (PEK)				BEIJING (PEK)-SAIPAN			
MU764	1:30am	6:00am	3, 5, 7	MU763	4:50pm	12:30am+1	2, 4, 6
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
OZ626/701	2:20am	11:05am	1 via ICN	OZ702/625	12:15pm	1:10am+1	7 via ICN
OZ626/701	2:50am	11:05am	2, 3, 4, 5, 6, 7 via ICN	OZ702/625	12:15pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
UA117/183	9:15am	8:50pm	2, 5 via GUM	UA192/174	9:45pm	8:07am+1	2, 5 via GUM-ROR
UA117/183	9:15am	9:10pm	1, 3, 4, 6, 7 via GUM	UA184/174	10:25pm	8:07am+1	1, 3, 4, 6, 7 via GUM
UA117/193	9:15am	10:40pm	2, 5 via GUM-ROR	UA184/174	11:30pm	8:07am+1	2, 5 via GUM
SAIPAN-HONG KONG (HKG)				HONG KONG (HKG)-SAIPAN			
OZ626/721	2:20am	11:40am	1 via ICN	OZ722/625	1:10pm	1:10am+1	7 via ICN
OZ626/721	2:50am	11:40am	2, 3, 4, 5, 6, 7 via ICN	OZ722/625	1:10pm	1:45am+1	1, 2, 3, 4, 5, 6 via ICN
UO43	5:35am	8:25am	1	UO42	6:25pm	1:20am+1	7
UO43	5:50am	8:40am	3, 5, 7	UO42	9:25pm	4:20am+1	2, 4, 6

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; BC SkyMark ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (*The Saipan Tribune is not responsible for any changes in the schedule.*)

STAR MARIANAS AIR, INC.							
SAIPAN TO ROTA				1203	9:00AM	9:15AM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1204	10:00AM	10:15AM	Daily
1301	7:30AM	8:00AM	Daily	1205	11:00AM	11:15AM	Daily
1302	11:30AM	12:00PM	Daily	1206	12:00PM	12:15PM	Daily
1303	4:00PM	4:30PM	Daily	1207	1:00PM	1:15PM	Daily
ROTA TO SAIPAN				1208	2:00PM	2:15PM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1209	3:00PM	3:15PM	Daily
3101	8:15AM	8:45AM	Daily	1210	4:00PM	4:15PM	Daily
3102	1:45PM	2:15PM	Daily	1211	5:00PM	5:15PM	Daily
3103	4:45PM	5:15PM	Daily	1212	6:00PM	6:15PM	Daily
ROTA TO GUAM							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY				
3401	12:15PM	12:45PM	Daily				
GUAM TO ROTA							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY				
4301	1:00PM	1:30PM	Daily				
SAIPAN TO TINIAN							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY				
1201	7:00AM	7:15AM	Daily				
1202	8:00AM	8:15AM	Daily				

PREPARING FOR A TYPHOON

■ Put together a basic disaster supplies kit

■ Be sure you and your family have a communication plan

■ Know your surroundings; learn the elevation level of your property and whether the land is flood-prone, which will help you know how your property will be affected when storm surge or tidal flooding are forecasted

■ Find out where the nearest typhoon shelters are located in case you need to evacuate your home. The CNMI Public School System, whose facilities are used for shelters during the storm, usually posts announcements about shelter openings on its social media (i.e. Facebook) page

Make plans to secure your property:

■ Assist your family cover all of your home’s windows

■ Be sure trees and shrubs around your home are well trimmed so they are more wind resistant

■ Clear loose and clogged rain gutters and downspouts

■ Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down

DURING A TYPHOON

■ Listen to the radio or TV for information, and keep your weather radio handy

■ Secure your home, close storm shutters and secure outdoor

objects or bring them indoors

■ Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed

■ Turn off propane tanks

■ Avoid using the phone, except for serious emergencies.

■ Ensure a supply of water for sanitary purpose such as cleaning and flushing toilets: fill the bathtub and other larger containers with water

■ Find out how to keep food safe during and after an emergency

AFTER THE TYPHOON

Wait for the “ALL CLEAR” message on the local media.

AFTER THE ‘ALL CLEAR’...

■ Look out for and do not touch dangling or downed power lines.

■ Report them and broken water or sewage lines, and downed telephone lines to CUC.

■ Do not consume any food and water which might have spoiled or contaminated

■ Use stored or sterilized water.

Source: Northern Marianas College

CHC GUIDELINES

For pregnant females who are planning to shelter at the Commonwealth Health Care Corp., eat a full meal before arriving at the hospital. Bring the following

items, if possible, for your convenience and comfort:

■ Identification and insurance cards

■ Medication

■ Drinking water

■ Snacks that do not require refrigeration or heating

■ Personal toiletries (toothbrush, soap, lotion)

■ A change of clothing, including undergarments

BUILD A KIT

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

BASIC DISASTER SUPPLIES KIT

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

■ A set of newborn clothing

■ Phone and phone charger

■ Books, tablets, games, and other entertainment to pass the time

■ Personal pillows and blankets for additional comfort

CHCC would also like to provide the community with the following typhoon preparation guidelines.

■ Ensure that you have

■ Water - one gallon of water per person per day for at least three days, for drinking and sanitation

■ Food - at least a three-day supply of non-perishable food

■ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

■ Flashlight

■ First aid kit

■ Extra batteries

■ Whistle to signal for help

■ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

■ Moist towelettes, garbage bags and plastic ties for personal sanitation

■ Wrench or pliers to turn off utilities

■ Manual can opener for food

■ Local maps

■ Cell phone with chargers and a backup battery

■ Download the Recommended Supplies List (PDF)

ADDITIONAL EMERGENCY SUPPLIES

Consider adding the following items to your emergency supply kit based on your individual needs:

enough of any medications to last for at least three days. Store medication in a waterproof container, if possible. This is especially important for people with diabetes, hypertension, or uncontrolled asthma.

■ Take care of your mental and emotional health; prepare your heart and mind just as you would prepare your home before the storm.

■ Prescription medications

■ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

■ Glasses and contact lens solution

■ Infant formula, bottles, diapers, wipes, diaper rash cream

■ Pet food and extra water for your pet

■ Cash or traveler’s checks

■ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

■ Sleeping bag or warm blanket for each person

■ Complete change of clothing appropriate for your climate and sturdy shoes

■ Household chlorine bleach and medicine dropper to disinfect water

■ Fire extinguisher

■ Matches in a waterproof container

■ Feminine supplies and personal hygiene items

■ Mess kits, paper cups, plates, paper towels and plastic utensils

■ Paper and pencil

■ Books, games, puzzles or other activities for children

■ Gather your family and give physical comfort to each other, especially children.

■ Understand that it is common to feel strong emotions right now; remind yourself that this won’t last forever and help your loved ones to remain calm.

Having a plan will make you feel more in control of the situation.

Source: CHCC

MAINTAINING YOUR KIT

After assembling your kit remember to maintain it so it’s ready when needed:

■ Keep canned food in a cool, dry place

■ Store boxed food in tightly closed plastic or metal containers

■ Replace expired items as needed

■ Re-think your needs every year and update your kit as your family’s needs change.

KIT STORAGE LOCATIONS


Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

■ Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

■ Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

■ Vehicle: In case you are stranded, keep a kit of emergency supplies in your car.

Source: www.ready.gov



Legislative Bureau

NORTHERN MARIANAS COMMONWEALTH LEGISLATURE

P.O. BOX 500586, SAIPAN, MP 96950

JOB VACANCY ANNOUNCEMENT

Examination Announcement Number: LB-JVA-20-001

PL-UNGRADED: \$17,456.99 Annual

Position: Journal Clerk

Opening Date: October 21, 2019

Closing Date: November 08, 2019

The salary will be determined by the qualification of the appointee

Location: Honorable Jesus P. Mafnas Memorial Building (CNMI Legislature), Capitol Hill, Saipan

General Duties:

- Records and transcribes all sessions. Transcriptions must be completed expeditiously and prior to the following session;
- Assists the Clerk in maintaining an up to date status table of legislative documents;
- Assists the Clerk in preparation of materials for sessions and other legislative meetings;
- Assists the Clerk in the duplication and dissemination of documents during sessions;
- Prepares the compilation of legislative journals for publication by the Legislative Clerk;
- Acts in the capacity of the Legislative Clerk in the absence of the Legislative Clerk;
- Performs other duties as assigned.
- Undergo a pre-employment drug test.


Qualifications and Requirements:

- Possess two years relevant work experience or a minimum of an A.A. or A.S. degree or higher from a United States accredited institution of higher education ;
- Knowledgeable with word processing with word processing, and interpretive understanding of at least two of the official languages of the CNMI preferred.

Education requirements may be substituted with related experience

Education and training claimed under item 19(A) through 19(F) of the Application for Employment must be substantiated by a copy of an official diploma and/or certificate. **Failure to provide the required documents will result in automatic disqualification.**

Employment application may be accessed at www.cnmileg.gov.mp or may be picked up at the Office of the Director of the Legislative Bureau located at the Honorable Jesus P. Mafnas Memorial Building (CNMI Legislature), Capitol Hill, Saipan. **Completed application and police clearance** may be submitted to the Office of the Director or may be mailed to the Office of the Director; Legislative Bureau; P.O. Box 500586; Saipan, MP 96950. No telephone inquiries.



NORTHERN MARIANAS COALITION
AGAINST DOMESTIC & SEXUAL VIOLENCE
P.O. BOX 506689, SAIPAN, MP 96950
PHONE: 670.234.3878

VACANCY ANNOUNCEMENT FOR SEXUAL ASSAULT RESPONSE TEAM (SART) MANAGER (Temporary, 12 months)

NMCADSV is looking for a motivated individual to join its team! We are looking for someone who is rooted in service and believes in the social justice values we uphold.

Job Summary: The SART Manager will work with the Executive Director of NMCADSV, NMCADSV staff, and its Board to achieve the mission, goals, and objectives of the organization. The SART Manager will be primarily responsible for CNMI-wide systems advocacy to cultivate the prevention of sexual violence and victim-centered responses for victims of sexual assault. This includes taking a leadership role in facilitating cross-discipline collaboration, providing ongoing training and technical assistance to SART members and allied organizations, and obtaining feedback from all partners to develop policies and protocols that support victim-centered and empowerment-based responses to victims of sexual assault. In addition, the SART Manager will be responsible for convening monthly meetings on Saipan, attending SART related meetings on Tinian and Rota, and mandatory meetings and training events in the U.S.

Minimum Qualifications: An understanding of and agreement with NMCADSV’s mission statement and philosophy regarding the elimination of domestic and sexual violence; strong communication skills, verbal and written, with diverse groups of people and professionals; strong organizational, collaborative, and project management skills; experience with training or providing education to various audiences; experience with facilitating meetings and bringing stakeholders together for collaborative efforts; ability to facilitate engagement and interest among allied partners with positive and professional communication; experience with assessments and analysis; ability to implement complex projects with extremely tight deadlines; must be able to travel within the CNMI and to the US Mainland immediately upon hire; must have access to reliable transportation; and must be able to work immediately upon offer.

Classification & Salary Range: Full Time, Exempt. Some nights and weekends required. Travel is required. \$16.00/hr to \$22.00/hr (based on experience and qualifications).

Copies of the full Position Description can be requested by email at info@endviolencenmi.org or downloaded from the NMCADSV Facebook page. Hard copies are also available at the NMCADSV Office (directions below).

To Apply: A Resume and Cover Letter should be submitted on or before 5:00 p.m. on **Friday, October 25, 2019**. Provide a list (not copies) of any certifications and/or awards. Late and incomplete submissions will not be considered.

Submit **resume and cover letter** to info@endviolencenmi.org, deliver to NMCADSV’s office (**between the hours of 9:00 a.m. and 5:00 p.m.**) at the Marina Heights I Building (2nd Floor, Suite 206) or mail to NMCADSV, P.O. Box 506689, Saipan, MP 96950. (Mailed applications must be postmarked on or before the deadline.) Applicants who are invited for an interview will be asked to bring a copy of their Diploma or equivalent, Police Clearance (within last 30 days), valid Passport, and a list of references.

NMCADSV is an equal opportunity employer. Individuals from under-served communities are encouraged to apply.

This project is 100% supported by federal grants, awarded by the Office on Violence Against Women, U.S. Department of Justice, Grant Award #2019-WR-AX-0051. The opinions, findings, conclusions, and recommendations expressed in this release are those of the author and do not necessarily reflect the views of the U.S. Department of Justice.

Business

Fiesta Guam to become 1st Crowne Plaza brand in Micronesia

GUAM—TanHoldings has signed a hotel management agreement with InterContinental Hotels Group PLC to manage Fiesta Resort Guam, which paves the way for the Tumon Bay hotel to rebrand as Crowne Plaza Resort Guam in early 2021.

Starting Oct. 15, 2019, the hotel will become part of the IHG system and a multi-million-dollar refurbishment plan is also in place to commence.

Fiesta Resort Guam is a 318-room resort located in the center of Tumon Bay with close proximity to major shopping areas. This refurbishment plan includes fully renovated ballroom, restaurant, fitness center, as well as new guestrooms to completely transform the hotel into an upscale resort experience. Guests of the hotel will also enjoy privileges and benefits available to IHG Rewards Club members.

IHG has extensive experience in operating hotels and resorts that cater to Japanese, Korean, and Chinese guests, with more than 400 hotels across China and Korea, and 32 hotels in Japan. This experience will bring about new inspiration and marketing for Guam, and further enhance offerings on the island.

TanHoldings CEO Jerry Tan said, "Guam is a global destination with a strong and



A photo of Fiesta Resort Guam from the Tumon Bay hotel's Facebook page.

CONTRIBUTED PHOTO

growing inbound tourism footprint. Fiesta Resort Guam has enjoyed a privileged location and reputation over the years, but we know that to grow into the future we need a global brand like Crowne Plaza to attract guests from around the world and bring a new level of hospitality to Guam. We are excited to work

with a great partner like IHG." Abhijay Sandilya, IHG's vice president for Development-Australasia, Japan & Pacific, said, "We are so excited to add Guam as a new global destination for IHG guests. Guam is already a favorite with travelers from Korea, China, and Japan, and we look forward to grow-

ing their footprint with our world-class Crowne Plaza brand. We are proud to work with TanHoldings to deliver IHG's signature True Hospitality, Pacific Island style."

TanHoldings has been a long-standing member of Guam and CNMI communities, fully committed in investing into Micronesia and

giving back to our community through its philanthropic arm, the Tan Siu Lin Foundation. TanHoldings firmly believes that this agreement and refurbishment will significantly elevate the positioning and service level of the resort and bring in a new exciting option for the visitors of Guam. (PR)

United Airlines reports 3Q net income of \$1B

CHICAGO—United Airlines reported third quarter net income of \$1.0 billion, diluted earnings per share of \$3.99, pre-tax earnings of \$1.3 billion and pre-tax margin of 11.9%, expanding pre-tax margin 2.3 points versus the third quarter of 2018.

The Chicago-based airline also said it has achieved third quarter diluted earnings per share (EPS) of \$3.99 and adjusted diluted EPS of \$4.07, and raised its full year 2019 adjusted diluted EPS guidance, with a new range of \$11.25 to \$12.25.

"Thanks to the outstanding efforts of our employees,

United extended our streak of expanding pre-tax margin on a quarterly basis. It provides us further confidence to raise our full year 2019 adjusted diluted EPS guidance, putting us ahead of pace to achieve our goal of \$11 to \$13 in adjusted diluted EPS by the end of 2020," said Oscar Munoz, CEO of United Airlines. "While headwinds affected the sector as a whole this quarter, United's team once again demonstrated a robust ability to overcome adverse cost pressure, managing to continue growing our network while investing in

winning our customers' loyalty through smart enhancements to the United experience."

■ Reported third quarter adjusted net income of \$1.0 billion, adjusted diluted EPS of \$4.07, adjusted pre-tax earnings of \$1.4 billion and adjusted pre-tax margin of 12.1%, expanding adjusted pre-tax margin 2.5 points versus the third quarter of 2018.2

1 Excludes special charges and the mark-to-market impact of financial instruments, the nature of which are not determined at this time, and imputed interest on certain finance leases. Accordingly,

UAL is not providing earnings guidance on a GAAP basis.

2 Excludes special charges, the mark-to-market impact of financial instruments and imputed interest on certain finance leases. Reconciliations of non-GAAP financial measures to the most directly comparable GAAP measures are included in the tables accompanying this release.

■ Consolidated third quarter passenger revenue per available seat mile (PRASM) increased 1.7% year-over-year.

■ Consolidated third quarter unit cost per available seat mile (CASM) decreased 0.9% year-over-year.

■ Consolidated third quar-

ter CASM, excluding special charges, third party business expenses, fuel and profit sharing, increased 2.1% year-over-year.

■ Repurchased \$363 million of its common shares in the third quarter of 2019 at an average purchase price of \$88.22 per share.

■ Raised \$1.2 billion in Enhanced Equipment Trust Certificates at a record low blended interest rate of 2.8% in connection with the financing of certain aircraft.

For more information on UAL's fourth quarter and full year 2019 guidance, please visit ir.united.com for the company's investor update. (PR)

Qantas completes longest non-stop New York-Sydney flight

SYDNEY (AP)—Australia's Qantas on Sunday completed the first non-stop commercial flight from New York to Sydney, which was used to run a series of tests to assess the effects of ultra long-haul flights on crew fatigue and passenger jetlag.

The Boeing 787 Dreamliner touched down in Sydney early Sunday morning after a flight of 19 hours and 16 minutes—

the world's longest.

Qantas said tests ranged from monitoring pilot brain waves, melatonin levels and alertness to exercise classes for passengers. A total of 49 people were on board, in order to minimize weight and give the necessary fuel range.

"Overall, we're really happy with how the flight went and it's great to have some of the data we need to help assess

turning this into a regular service," said Capt. Sean Golding, who led the four pilots.

The flight was part of Project Sunrise—Qantas' goal to operate regular, non-stop commercial flights from Australia's east coast cities of Brisbane, Sydney and Melbourne to London and New York. Two more research flights are planned as part of the project evaluations - London to

Sydney in November and another New York to Sydney in December.

"We know ultra long-haul flights pose some extra challenges but that's been true every time technology has allowed us to fly farther. The research we're doing should give us better strategies for improving comfort and well-being along the way," said Qantas Group CEO Alan Joyce.

Night flights usually start with dinner and then lights

off, but he said that for this flight, "we started with lunch and kept the lights on for the first six hours, to match the time of day at our destination. It means you start reducing the jetlag straight away."

Professor Marie Carroll from the University of Sydney said she and fellow passengers did a lot of stretching and group exercises at prescribed intervals.

"We did the Macarena in the economy cabin," she said.

BUSINESS BRIEFS

Schumer calls for federal probe of contaminated baby food

NEW YORK (AP)—The Senate's top Democrat is calling on the Food and Drug Administration to examine a report that found dozens of baby food products contaminated with lead and other metals. Sen. Chuck Schumer says Sunday the FDA must take more action to regulate the baby food industry. A study by Healthy Babies Bright Futures found the presence of heavy metals in 95% of the 168 baby foods that were tested. The study found 95% of the food tested contained lead, arsenic, mercury or cadmium. It found one in four baby foods that were tested contained all four metals. The New York senator says consumers "rightfully expect those foods to be undeniably safe, appropriately regulated and nutritiously sustaining." He says federal regulators should examine the study and release a public statement of their findings.

Chicago lawmakers push stricter legislation for farm animals

CHICAGO (AP)—Urban farming has become more common in Chicago neighborhoods, and now lawmakers have begun pushing for stricter legislation that could regulate the number of animals for each household and impose more requirements. A recently proposed ordinance would ban roosters from residential areas in the city and allow no more than six hens and two livestock animals per household. Livestock animals are considered four-legged farm creatures, including pigs and sheep, the Chicago Tribune reported. A pro-chicken lobby in Chicago is rallying against these proposed laws, arguing such issues already are addressed by existing laws, including a ban on cockfighting and fines for excessive noise. "Applying and enforcing existing standards is a far preferable avenue than banning and stigmatizing half of an entire species and the communities that keep them, imposing onerous requirements on keepers, and jeopardizing the good work done by rescuers all over the city every day," said Julia Magnus, general counsel of The Chicago Roo Crew, a rooster rescue and advocacy group. Chicago City Council member Raymond Lopez said by email that the proposed law gives residents a chance to decide if they want farm animals in their neighborhoods.

Nation

Impeachment inquiry puts spotlight on Perry, who shunned it

WASHINGTON (AP)—Long after more flamboyant colleagues flamed out of President Donald Trump's favor amid ethics scandals, low-profile and folksy Rick Perry survived in the Cabinet in part by steering clear of controversy.

Until now.

The former Texas governor said Thursday he was quitting as energy secretary by year's end. The announcement came as the House impeachment investigation highlighted his work in Ukraine, where he promoted U.S. natural gas and where Trump hoped to find dirt on Democratic rival Joe Biden.

Trump said that Perry, one of his longest serving Cabinet members, had planned for months to leave. But the timing of the announcement of Perry's departure fits a Trump pattern, said governance expert Kathryn Dunn Tenpas of the Brookings Institution. Her work shows there has been more turnover in Trump's Cabinet than under any president since at least Ronald Reagan.

"The more important the issue is to the president, the more likely you're on the chopping block," Tenpas said.

No evidence has emerged that Perry explicitly pressured Ukrainian officials to comply with Trump's push to investigate a Ukraine natural gas company where Biden's son Hunter was a board member. It's a central part of the impeachment investigation.



Perry, an evangelical who takes part in weekly Cabinet Bible studies, told a Christian broadcast news outlet his month that, "God as my witness," he never heard any administration figure specifically mention either Biden in discussions about corruption investigations in Ukraine.

Perry did publicly pressure Ukraine's president, Volodymyr Zelenskyy, for unspecified reforms "in the energy sector," however, including in com-

ments at Zelenskyy's May inauguration.

That was one of several Perry trips and meetings putting him in contact with Ukraine and U.S. figures playing pivotal roles in the actions now being studied by the House committees investigating impeachment.

Perry also was present for at least part of a White House meeting in July with then-natural security adviser John Bolton and other U.S.

and Ukrainian officials. Perry, at the time, tweeted out a photo of the group lined up in front of the White House and called it a "productive discussion."

Trump is trying to block members of his administration from testifying before

lawmakers who are investigating whether Trump used the powers of his office for personal political aims in Ukraine. The Energy Department on Friday refused to comply with a House subpoena for Perry.

A top State Department of-

AP
U.S. Energy Secretary Rick Perry speaks during a news conference following of the forum Partnership for Transatlantic Energy Cooperation (P-TEC) in the Radisson Blu Hotel Lietuva, in Vilnius, Lithuania, Monday, Oct. 7, 2019.

ficial, George Kent, has testified that the White House deputized Perry, Ukraine envoy Kurt Volker and Trump's European Union ambassador, Gordon Sondland, to run U.S. policy in Ukraine. "It's outrageous," said Sen. Bob Menendez, D-N.J.

Perry's public mission in Ukraine was in line with U.S. and European policy in place before the Trump administration: "flood" Europe with imported natural gas, as Perry said in a video in 2015, even before Trump won office. The policy is designed to help Ukraine and other Eastern European countries escape the political dominance that Russia's control of the region's energy supply has helped give Moscow.

Perry's Texas roots gave him ties with the oil and gas companies exporting to Europe. But there are no allegations that Perry improperly arranged natural gas deals to benefit oil friends.

Trump drops plan to host G-7 at Doral

WASHINGTON (AP)—Responding to stinging criticism, President Donald Trump on Saturday abruptly reversed his plan to hold the next Group of Seven world leaders' meeting at his Doral, Florida, golf resort next year.

Trump announced a rare backtrack Saturday night after facing accusations that he was using the presidency to enrich himself by hosting the international summit at a private resort owned by his family.

"Based on both Media & Democrat Crazy and Irrational Hostility, we will no longer consider Trump National Doral, Miami, as the Host Site for the G-7 in 2020," Trump tweeted. He said his administration "will begin the search for another site, including the possibility of Camp David, immediately."

The striking reversal raises further doubts about the position of the president's acting chief of staff, Mick Mulvaney,

who held a press conference Thursday announcing the choice of Doral for the summit. He insisted his staff had concluded it was "far and away the best physical facility." Mulvaney said the White House reached that determination after visiting 10 sites across the country.

In the same press conference, Mulvaney acknowledged a quid pro quo was at work when Trump held up U.S. aid to Ukraine in exchange for Ukraine's investigation of Democrats and the 2016 elections. Mulvaney later claimed his comments had been misconstrued, but not before drawing the ire of the president and frustration from other senior aides.

Trump had been the first administration official to publicly float the selection of his property to host the summit when in August he mentioned it was on the short-list and praised its facilities and

proximity to Miami's international airport. His comments, more than a month before the official announcement, drew instant criticism from good governance groups and Democrats, who said it raised concerns that Trump was using the White House to boost his personal finances.

The vociferous criticism did not die down, even as Trump insisted he would host the summit at cost, though he refused to disclose financial details. The annual heads-of-state gathering would at minimum have provided good-will value to his property.

Noah Bookbinder, executive director of Citizens for Responsibility and Ethics in Washington, said Trump's reversal Saturday "is a bow to reality, but does not change how astonishing it was that a president ever thought this was appropriate, or that it was something he could get away with."

ACROSS THE NATION

Parents sue Virginia school district over racist 2017 video

HENRICO, Va. (AP)—The parents of a Virginia student who say their son was assaulted and bullied by his middle school football teammates in an incident captured on video two years ago are suing the school system. The video, which showed football players simulating sex acts on black students in a locker room and was overlaid with racist language, sparked outrage after it was shared on Snapchat. It led to the cancellation of the rest of Short Pump Middle School's football season and a police investigation. No charges resulted. Local media report the complaint filed Thursday seeks \$350,000. It alleges three school officials failed to create a safe, non-discriminatory and inclusive environment. A Henrico County schools spokesman said the district outside Richmond hadn't been served yet and will respond at the appropriate time.

Man suffers 'grievous' injury after traffic stop, search

OXON HILL, Md. (AP)—Authorities in a Maryland county outside the nation's capital say a man has suffered "grievous" injuries after an encounter with police following a recent traffic stop. Prince George's County Police Chief Hank Stawinski spoke at a news conference Saturday about events Thursday afternoon in Oxon Hill, outside Washington. Police have said the man apparently hit his neck on the ground while being arrested. Stawinski called the man's injuries "grievous" but said he couldn't give a more detailed up-

dated on his condition. The man's family and his girlfriend have told local newsoutlets he's paralyzed from the waist down. Stawinski called it "a horrible accident" and an unacceptable outcome. An officer is on administrative leave amid an investigation. Police have not released the man's name or the race of anyone involved.

Service canceled for Texas woman shot at home by officer

DALLAS (AP)—A service for a woman shot in her home by a Fort Worth police officer that had been scheduled for Saturday was canceled amid a family dispute over funeral arrangements. Atatiana Jefferson's funeral had been set to be held at Potter's House Church in Dallas. Church representative Mara Silverio said the service hasn't been rescheduled, but that no events would be held for her Saturday. Full Coverage: Shot in home The news follows a judge's decision Friday to issue a temporary restraining order sought by Marquis Jefferson, the father of Atatiana Jefferson. The father sought the order to gain control over the funeral arrangements of his daughter from his daughter's aunt, Bonita Body. Lee Merritt, Body's attorney, had said on Facebook that a "celebration of life" would proceed Saturday, but he later tweeted that the funeral had been "postponed" and that "updated information concerning the reschedule will be provided as soon as it becomes available." Merritt didn't immediately respond to a message seeking additional information. The Rev. Al Sharpton had been set to deliver remarks at Saturday's service.

Asia

Deep-sea explorers find Japanese ship that sank during WWII

MIDWAY ATOLL, Northwestern Hawaiian Islands (AP)—Deep-sea explorers scouring the world's oceans for sunken World War II ships are focusing in on debris fields deep in the Pacific, in an area where one of the most decisive battles of the time took place.

Hundreds of miles off Midway Atoll, nearly halfway between the United States and Japan, a research vessel is launching underwater robots miles into the abyss to look for warships from the famed Battle of Midway.

Weeks of grid searches around the Northwestern Hawaiian Islands already have led the Petrel to one sunken warship, the Japanese aircraft carrier Kaga. This week, the crew is deploying equipment to investigate what could be another.

Historians consider the Battle of Midway an essential U.S. victory and a key turning point in WWII.

"We read about the battles, we know what happened. But when you see these wrecks on the bottom of the ocean and everything, you kind of get a feel for what the real price is for war," said Frank Thompson, a historian with the Naval History and Heritage Command in Washington, D.C., who is onboard the Petrel. "You see the damage these things took, and it's humbling to watch some of the video of these vessels because they're war graves."

The U.S. bombs that struck the Kaga caused a massive fire that left it charred, but the



In this Wednesday, Oct. 16, 2019, photo, Vulcan Inc. director of subsea operations of the Petrel, Rob Kraft looks at images of the Japanese aircraft carrier Kaga, off Midway Atoll in the Northwestern Hawaiian Islands.

Retired Navy Capt. Jack Crawford, who recently turned 100, was among the Yorktown's 2,270 survivors.

Japanese dive bombers left the Yorktown badly damaged, with black smoke gushing from its stacks, but the vessel was still upright.

Then the torpedoes hit, Crawford told The Associated Press by telephone from his home in Maryland.

"Bam! Bam! We get two torpedoes, and I know we're in trouble. As soon as the deck edge began to go under, I knew she wasn't going to last," said Crawford, whose later military career was with the naval nuclear propulsion program. He also served as deputy assistant secretary for nuclear energy in the Department of Energy.

The Yorktown sank slowly, and a destroyer was able to pick up Crawford and many others.

ship stayed mostly together. Its guns, some still intact, stick out the side.

Until now, only one of the seven ships that went down in the June 1942 air and sea battle—five Japanese vessels and two American—had been located.

The expedition is an effort started by the late Paul Allen, the billionaire co-founder of Microsoft. For years, the crew of the 250-foot (76-meter) Petrel has worked with the U.S. Navy and other officials around the world to find and document sunken ships. It is illegal to otherwise disturb

the underwater U.S. military gravesites, and their exact coordinates are kept secret.

The Petrel has found 31 vessels so far. This is the first time it has looked for warships from the Battle of Midway, which took place six months after Japan's attack on Pearl Harbor and left more than 2,000 Japanese and 300 Americans dead.

The attack from the Japanese Imperial Navy was meant to be a surprise, a strike that would give Japan a strategic advantage in the Pacific. It was thwarted when U.S. ana-

lysts decoded Japanese messages and baited their enemy into revealing its plan.

As Japanese warplanes started bombing the military installation at Midway Atoll, a tiny group of islands about 1,300 miles (2,090 kilometers) northwest of Honolulu, U.S. forces were already on their way to intercept Japan's fleet. U.S. planes sank four of Japan's aircraft carriers and a cruiser, and downed dozens of its fighter planes.

One of the American ships lost was the USS Yorktown, an aircraft carrier that was

heavily damaged and being towed by the U.S. on the battle's final day when it was hit by torpedoes. The other, the USS Hammann, went down trying to defend the Yorktown.

Duterte bruised, scratched from falling off motorcycle

MANILA, Philippines (AP)—Philippine President Rodrigo Duterte fell off his parked motorcycle on the palace grounds, suffering bruises and scratches, but the minor injuries won't affect his schedule, his spokesman said Thursday.

"While it is true that the president roamed around with his motorcycle," he fell after he had already parked it Wednesday night, presidential spokesman Salvador Panelo said. Duterte was reaching for his shoe when he fell and had "light bruises and slight scratches to his elbow and knee," he said.

The president was resting Thursday and his recovery will not require any "major medical procedure," Panelo said.

Other officials, however, gave what seemed to be conflicting accounts of the accident. Sen. Christopher "Bong" Go, a former long-time aide of Duterte, said the president was driving his motorcycle when it skidded and he fell. As a result, the president was feeling some pain in the hip but Go said he was fine.

Brig. Gen. Jose Niembra, who is in charge of forces securing the president, told reporters without elaborating that Duterte did not fall from the motorcycle during the accident.

The 74-year-old president is an avid rider of big motorcycles like Harley Davidsons and has said he once had a serious crash during a long-distance run and could still feel those injuries.

A lack of regular medical bulletins on the president's health sparks sporadic speculation about the state of his health, especially when he has failed to appear in public for days.

When Duterte did not show up in public for more than a week in August, Panelo explained that the president was busy reviewing documents he needed to sign and stressed he was healthy because he managed to bike around in his hometown in southern Davao City.

"He got enthusiastic and rode out of the village enclave on a motorcycle, alarming the Presidential Security Group," Panelo told reporters then.

HK protesters defy police, set up roadblocks

HONG KONG (AP)—Hong Kong protesters again flooded streets on Sunday, ignoring a police ban on the rally and setting up barricades while demanding the government meet their demands for accountability and political rights.

Protest leaders carried a black banner at the front of the procession with a slogan, "Five main demands, not one less."

HONG KONG (AP)—Hong Kong's leader said Saturday the murder suspect whose case inadvertently helped ignite the city's protest movement wants to surrender to authorities in Taiwan.

Carrie Lam told reporters that Hong Kong's government would "actively follow up on" a letter she received from Chan Tong-kai requesting help to give himself up.

Chan is wanted by Taiwan authorities for allegedly kill-

ing his girlfriend during a trip to the self-ruled island last year. He was not sent back to face charges because there's no extradition agreement.

He was however jailed in Hong Kong on money laundering charges and is due to be released this week.

Lam has cited Chan's case as one of the main reasons that she wanted to close the loophole with proposed extradition amendments.

Black-clad and masked protesters barricaded streets at multiple locations in Kowloon, where the city's subway operator restricted passenger access. The protesters tore up paving stones from the sidewalk and scattered them on the road, commandeered plastic safety barriers and unscrewed metal railings to form makeshift roadblocks.

Police fired tear gas outside

one station while tens of thousands of demonstrators marched down a main road where traffic came to a standstill. They sang along to the protest movement's anthem and held up placards depicting the Chinese flag as a Nazi swastika.

Police had beefed up security measures for the unauthorized rally, the latest in the 5-month-old unrest rocking the semi-autonomous Chinese city.

Many of the supporters of the movement wore masks in defiance of a recently introduced ban on face coverings at public gatherings, and volunteers handed more out to the crowd.

Organizers said they wanted to use their right to protest, as guaranteed by the city's constitution despite the risk of arrest.

"We're using peaceful, rational, nonviolent way to voice our demands," Figo Chan, vice convener of the Civil Human Rights Front,

told reporters. "We're not afraid of being arrested. What I'm most scared of is everyone giving up on our principles."

The group has organized some of the movement's biggest protest marches. One of its leaders, Jimmy Sham, was attacked on Wednesday by assailants wielding hammers.

Police on Saturday arrested a 22-year-old man on suspicion of stabbing a teenage activist distributing leaflets near a wall plastered with pro-democracy messages. A witness told local broadcaster RTHK that the assailant shouted afterward that Hong Kong is "a part of China" and other pro-Beijing messages.

The movement sprang out of opposition to a government proposal for a China extradition bill and then ballooned into broader demands for full democracy and an inquiry into alleged police brutality.

World

Turkey wants Syrian forces to leave border areas, aide says

ISTANBUL (AP)—Turkish President Recep Tayyip Erdogan wants Syrian government forces to move out of areas near the Turkish border so he can resettle up to 2 million refugees there, his spokesman told The Associated Press on Saturday. The request will top Erdogan's talks next week with Syria's ally, Russian President Vladimir Putin.

Arrangements along the Syrian-Turkish border were thrown into disarray after the U.S. pulled its troops out of the area, opening the door to

Turkey's invasion aiming to drive out Kurdish-led fighters it considers terrorists.

Abandoned by their American allies, the Kurds—with Russia's mediation—invited Damascus to send troops into northeastern Syria as protection from Turkish forces. That has complicated Turkey's plan to create a "safe zone" along the border, where it can resettle Syrian refugees now in Turkey. Most of those refugees fled Syria's government.

Erdogan's spokesman, Ibrahim Kalin said Ankara does

not want either Syrian forces nor Kurdish fighters in the border area because refugees would not go back to areas under their control.

Turkey has said it wants to oversee that area.

"This is one of the topics that we will discuss with the Russians, because, again, we are not going to force any refugees to go to anywhere they don't want to go," he said. "We want to create conditions that will be suitable for them to return where they will feel safe."

Turkey has taken in about 3.6 million Syrians fleeing the conflict in their homeland but now wants most of them to return. So far, very few have returned to an enclave Turkey already took over and has controlled since 2017.

Under an agreement made by the U.S. and Turkey Thursday, a five-day cease-fire has been in place. Turkey expects the Kurdish fighters to pull back from a border area.

A senior Syrian Kurdish official acknowledged for the

first time that the Kurdish-led forces agreed to the pull-back, stating that his forces will move 30-kilometer (19 miles) south of the border.

Redur Khalil, a senior Syrian Democratic Forces official, told the AP that the withdrawal will take place once Turkey allows the Kurdish-led force to evacuate its fighters and civilians from Ras al-Ayn, a border town under siege by Turkish-backed forces. He said that Kurdish-led force was preparing plans to conduct that evac-

uation on Sunday, if there are no further delays.

Khalil said Kurdish-led fighters would pull back from a 120-kilometer (75-mile) stretch along the border from Ras al-Ayn to Tal Abyad, moving past the international highway.

"We are only committed to the U.S. version not the Turkish one," Khalil said.

A previous agreement between the U.S. and Turkey over a "safe zone" along the Syria-Turkish border floundered over the diverging definitions of the area.

WORLD BRIEFS

15 dead after Russian dam collapse floods dormitories

MOSCOW (AP)—At least 15 people are dead after a dam at a small Siberian gold mine collapsed and water flooded two workers' dormitories on Saturday. The Emergencies Ministry also said seven people were unaccounted for, Russian news reports said. The regional health ministry said 16 people were injured. The dam had not been registered or approved for use by Rostekhnadzor, Russia's agency for technological and ecological oversight, the Interfax news agency cited the agency as saying. The collapse during heavy rain occurred around 6 a.m. (2300 GMT Saturday) near the village of Shchetinkino in the Krasnoyarsk region about 3,400 kilometers (2,100 miles) east of Moscow. "The hydrotechnical structure was built in a makeshift way, as I surmise, in violation of all conceivable and inconceivable standards," said Yuri Lapshin, chairman of the Krasnoyarsk regional government, according to state news agency RIA-Novosti. The country's Investigative Committee said it has opened a criminal investigation on possible charges of violation of workplace safety regulations.

South Sudan opposition leader returns to meet with president

JUBA, South Sudan (AP)—South Sudan opposition leader Riek Machar returned to the country Saturday to meet with President Salva Kiir less than a month before their deadline to form a unity government after a five-year civil war. Machar last met face-to-face with Kiir in September, when they discussed outstanding issues in

a fragile peace deal. His two-day visit includes a meeting with the U.S. ambassador to the United Nations, who arrives Sunday with a U.N. Security Council delegation. The delegation is expected to encourage progress in the peace deal signed a year ago but fraught with delays. Both Kiir and Machar will meet with the delegation Sunday, government spokesman Michael Makuei said. The opposition has said Machar won't return to South Sudan for good to form the government by the Nov. 12 deadline unless security arrangements are in place.

Ethiopia's Nobel-winning leader launches million-copy book

ADDIS ABABA, Ethiopia (AP)—Ethiopia's Nobel Peace Prize-winning prime minister is launching a book of his ideology, with one million copies already printed. Saturday's launch again raised concerns among some in the East African nation that a cult of personality could spring up around Prime Minister Abiy Ahmed, who announced sweeping political reforms after taking office last year. The book called "Medemer" aims at inclusivity and consensus in a country with scores of ethnic groups and a rising problem of ethnic unrest. The book comes as the country faces a national election next year that Abiy has pledged will be free and fair. Exhibitors in the capital, Addis Ababa, told The Associated Press they were forced out of a conference hall for the launch. "We were told to evacuate," said Bethlehem Bahran, a communications director for the event. Abiy's book is launching both in Ethiopia and the United States, which has a large diaspora community.



Turkish-backed Syrian opposition fighters on an armoured personnel carrier drive to cross the border into Syria, in Akcakale, Sanliurfa province, southeastern Turkey, Friday, Oct. 18, 2019. AP

Failed raid against El Chapo's son leaves 8 dead in Mexico

CULIACAN, Mexico (AP)—Mexican security forces aborted an attempt to capture a son of imprisoned drug lord Joaquin "El Chapo" Guzman after finding themselves outgunned in a ferocious shootout with cartel henchmen that left at least eight people dead and more than 20 wounded, authorities said Friday.

The gunbattle Thursday paralyzed the capital of Mexico's Sinaloa state, Culiacan, and left the streets littered with burning vehicles. Residents took cover indoors as automatic gunfire raged outside.

It was the third bloody and terrifying shootout in less than a week between security forces and cartel henchmen, raising questions about whether President Andrés Manuel López Obrador's policy of avoiding the use of force and focusing on social

ills is working.

López Obrador defended the decision to back down, saying his predecessors' strategy "turned this country into a cemetery, and we don't want that anymore."

But Mike Vigil, a former chief of international operations for the U.S. Drug Enforcement Administration who worked undercover in Mexico, called the violence "a massive black eye to the Mexican government" and a "sign that the cartels are more powerful" than it is.

Streets in Culiacan, a city of over 800,000, remained blocked with torched cars Friday morning, schools were closed, and some public offices asked their employees to stay home. Few buses were

Teresa Mercado, who had just returned to her native Culiacan on Thursday, said:

"This is worse than what I had lived through years ago."

Authorities said 35 troops arrived at a home Thursday afternoon to arrest Ovidio Guzmán López on a 2018 extradition request from the U.S. They entered the home, where Guzman and three others were inside.

Heavily armed men in greater force surrounded the house and also unleashed mayhem elsewhere, taking over toll booths and main roads into the city. Men carrying high-caliber weapons blocked major intersections.

Amid the chaos, inmates at a prison rioted, seized weapons from guards and fled. Fifty-six prisoners escaped, and 49 were still at large Friday, according to Sinaloa Public Security Secretary Cristóbal Castañeda. Two guards were taken captive and later freed.

The attacks were so brazen that Sinaloa cartel gunmen took several soldiers hostage and even attacked the housing complex where soldiers' wives and children live.

Defense Secretary Gen. Luis Crescencio Sandoval said "they did approach the housing complex, they entered the housing complex and opened fire on the housing complex, and they abducted a civilian security guard ... and a soldier in civilian clothes who was returning from leave."

Videos on social media showed a scene resembling a war zone, with gunmen, some in black ski masks, riding in the back of trucks and firing mounted machine guns as smoke rose above the cityscape. People ran for cover as gunfire rattled around them, and motorists drove frantically in reverse, trying to escape the bullets.

Focus

Analysis: Confronted by impeachment, Trump adds to the chaos



AP
President Donald Trump speaks during a reception for Italian President Sergio Mattarella in the East Room of the White House, Wednesday, Oct. 16, 2019, in Washington.

By JULIE PACE
AP WASHINGTON BUREAU CHIEF

WASHINGTON (AP)—The impeachment investigation into President Donald Trump has thrust Washington into a political crisis. And Trump keeps adding to the chaos.

In the four weeks since House Speaker Nancy Pelosi, D-Calif., launched the investigation, Trump has taken steps that have drawn more criticism, not less, repeatedly testing the loyalty of his stalwart Republican allies. His actions have both intensified the questions at the center of the inquiry and opened new areas of concern.

Trump angered GOP leaders and U.S. allies by clearing the way for Turkish attacks on Syrian Kurdish fighters, key American partners in the fight against the Islamic State group. He brazenly announced plans to hold next year's Group of Seven summit at one of his own Florida properties, prompting an outcry from ethics experts and members of both parties that led him to reverse course late Saturday. And Trump and his advisers have repeatedly muddled their defense on the Democratic-led impeachment, initially denying some of the

central allegations against the president only to acknowledge them, out loud and on camera.

"It is his persona to surround himself with chaos," said Alice Stewart, a Republican strategist who advised Texas Sen. Ted Cruz's 2016 presidential campaign.

Chaos has indeed been a hallmark of Trump's presidency. Each controversy bleeds into the next — often so fast that the public doesn't have time to absorb the details of any one issue. Whether that is a deliberate Trump strategy or simply the consequence of Americans electing a highly unconventional, nonpolitician as commander in chief remains one of the fundamental questions of his presidency.

The most pressing question now is how the cascading controversies will impact Trump at one of his most vulnerable moments since taking office.

Already saddled by low approval ratings, he could face reelection with the dubious distinction of being just the third American president ever impeached. Though conviction and removal from office by the Republican-controlled Senate

seems virtually impossible, Trump's handling of the coming weeks could linger with some of the voters he needs to hold in order to win in 2020.

His response thus far has been pulled from the standard Trump playbook: hurling deeply personal, sometimes vulgar, insults at his opponents, questioning the legitimacy of the investigations into his actions and distracting with other jarring decisions.

For example, there was his public call for China to investigate baseless corruption claims against Democrat Joe Biden just days after Democrats launched impeachment proceedings to probe Trump's similar request of Ukraine.

There are some signs that Trump's words and actions are being received differently, both in Washington and across the country, from other points in his presidency.

Polls now show more Americans in favor of opening the impeachment inquiry than those who are opposed, a shift since earlier this year. A recent Pew Research Center poll found that 54% of Americans approved of the House

decision to conduct an inquiry, while 44% disapproved. In a Pew poll conducted a few weeks earlier, the public was evenly divided on the question.

A few prominent Republicans have moved in favor of the investigation, which centers in part on whether Trump used his office for personal political gain by asking Ukraine to investigate the unfounded accusations against former Vice President Biden.

John Kasich, the former Republican governor of Ohio, is among the Republicans who now back an impeachment inquiry, though he told The Associated Press in an interview that he isn't ready to call for Trump's removal from office.

"This is an extremely serious matter," Kasich said. "I wrestled with it for a very long time."

Kasich was persuaded by the White House's shifting story on why Trump withheld \$400 million in military aid for Ukraine, one of the issues under investigation by the House.

After insisting there was no quid pro quo at play — and allowing Republicans to use that as a rationale for oppos-

ing the impeachment inquiry — acting White House chief of staff Mick Mulvaney said Thursday that one of the reasons the aid was held up was that Trump wanted Ukrainian officials to investigate a debunked conspiracy involving the Democratic National Committee. Mulvaney later tried to back away from that statement.

His televised news conference left some Republicans flabbergasted. Many in the party were already reeling from Trump's decision to withdraw American troops from Syria, allowing Turkey to move into the country and attack Kurdish forces aligned with Washington. Reliable Trump allies such as Senate Majority Leader Mitch McConnell, R-Ky., and Sen. Lindsey Graham, R-S.C., panned the president's move as dangerous and deeply flawed.

And Mulvaney opened his news conference by announcing another controversial decision: Trump plans to host world leaders next year at his golf resort near Miami, putting him in position to personally profit from his office. Some

Republicans found the move difficult to defend as well.

"I am not surprised at all that the president wanted to hold the G-7 at Doral. Never occurred to me that he would want to do anything different," Stewart said. "I am surprised there's no one in there who would advise him against doing that."

After two days of intense criticism for his choice of Doral, the president tweeted late Saturday that he would begin the search for a new site "based on both Media & Democrat Crazy and Irrational Hostility." In fact, the criticism had been bipartisan.

For now, the Republican frustration with Trump's actions over the past few weeks isn't affecting the party's views on the impeachment investigation, which is opposed by the majority of GOP lawmakers and voters.

"Republicans have already shown that they're compartmentalizing this," said Brendan Buck, an adviser to former House Speaker Paul Ryan, R-Wis. "They're able to be very upset about Syria in the morning and rationalize the other issues in the afternoon."

Health & Wellness

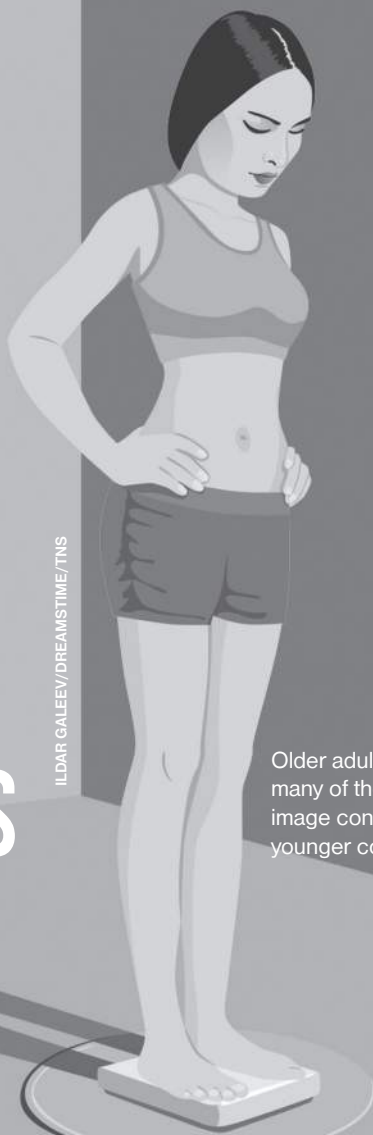
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MAYO CLINIC Q&A

Eating disorders can affect people of all ages



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Older adults experience many of the same body image concerns as their younger counterparts.

Dear Mayo Clinic: Is it common for someone in their 50s to develop an eating disorder?

A: Although eating disorders are most common in adolescents or young adults, they can affect people of all ages—even into older adulthood. Eating disorders are serious conditions related to persistent

eating behaviors that affect health, emotions and functional ability in important areas of life. The three most common types of eating disorders are anorexia nervosa, bulimia nervosa and binge-eating disorder. Others include rumination disorder and avoidant or restrictive food intake disorder.

Anorexia nervosa is characterized by an intense fear of gaining weight and a distorted perception of weight or shape. People with anorexia may excessively limit calories or use other methods to lose weight, such as excessive exercise, or the use of laxatives or diet aids. These people may reach an

abnormally low body weight. Or fear of weight gain may be supplemented by shame over calorie intake, which may be relieved by vomiting (purging) or using laxatives.

With bulimia, people typically eat a large amount of food at one time (binge). Then, driven by shame, they

try to rid themselves of the extra calories in an unhealthy way, such as vomiting.

Binge-eating disorder is marked by impulsivity. People with binge-eating disorder regularly eat too much and feel a lack of control over their eating. But unlike those with anorexia or bulimia, they don't try to compensate for this behavior. Binge-eating disorder is believed to be the most prevalent eating disorder in older adults.

Older adults experience many of the same body image concerns as their younger counterparts. One large study found that levels of body dissatisfaction remained constant in women of all ages, while another study noted body dissatisfaction and "feeling fat" being reported even by women at a healthy weight. Societal pressures to be thin are linked to eating disorders in older adults just as they are in adolescents and younger adults. These feelings may be compounded by factors such as excessive life stress, menopause concerns and fear over age-related appearance changes.

One misconception is that an eating disorder is simply a lifestyle choice. Research shows that these disorders result from a complex interaction of genetic, biological, behavioral, psychological and social factors. In particular, the brain circuitry alterations seen in people who've undergone the semistarvation found in many eating disorders may complicate recovery and increase the likelihood of relapse.

An eating disorder often is managed with a team approach, including input from

healthcare providers, including mental health professionals and dietitians. While the treatment depends on the type of disorder, it often involves refeeding, nutritional education and counseling. A medication also may be recommended, particularly for those who have binge-eating disorder.

Cognitive behavioral therapy commonly is used to treat eating disorders. Cognitive behavioral therapy can help those with an eating disorder learn how to monitor and improve their eating habits, develop problem-solving skills, and explore healthy ways to cope with feelings and life situations. Medications can't cure an eating disorder, but some—such as the stimulant lisdexamfetamine (Vyvanse)—may help control urges to binge and purge, or manage excessive preoccupation with diet.

Most of this treatment can be done on an outpatient basis. However, people with severe malnutrition due to anorexia—or with serious health issues due to binge-eating disorder—may require hospitalization or admission into a specialized eating disorder program.

If you need help with diet-based behaviors or your feelings about your body, ask for help. By seeking treatment, you can avoid a number of serious health complications and ultimately prolong your life. Similarly, if a loved one appears to be showing signs of one of these issues, encourage him or her to talk to a health professional. By expressing concern and a desire to listen, you may open the door for him or her to accept help. *(Mayo Clinic News Network)*

Shorter people more likely to develop diabetes, study suggests

By NAJJA PARKER
THE ATLANTA JOURNAL-CONSTITUTION

A poor diet and lack of exercise can lead to diabetes. But your height could also be a factor, according to a new report.

Researchers from the German Institute of Human Nutrition recently conducted a study, published in the *Diabetologia* journal, to determine the association between height and Type 2 diabetes risk.

To do so, they evaluated about 2,600 people in Germany ages 35 to 65 from the European Prospective Investigation into Cancer and Nutrition, a study that explores the relationship between diet and cancer.

The team examined the subjects' health, including their body weight, body height and sitting height.

According to the Centers for Disease Control and Prevention, the average height is 5 feet 9 inches for U.S. men and 5 feet 4 inches for U.S. women.

After analyzing the results, they found every four-inch increase in height was linked to a 41% lower risk of diabetes for men and a 33% reduced risk for women.

"Our findings suggest that short people might present with higher cardiometabolic risk factor levels and have higher diabetes risk compared with tall people," the authors said in the study.

Although the scientists do not fully understand why there is a relationship between height and diabetes risk, they hypothesized liver fat content could play a role.

They said taller people typically have lower liver fat

content, while shorter people have higher levels of it, which is a diabetes risk factor.

"Although increased height was associated with reduced risk of Type 2 diabetes," the authors noted, "our data support that tallness is unlikely to modulate risk directly, but rather liver fat and other cardiometabolic risk factors are important mediators."

This isn't the first assessment to link height with disease risk.

In 2018, scientists from the University of California Riverside found taller people were at greater risk of a cancer diagnosis, because they had more cells in their body that could mutate and lead to the illness. They said a person's chances of developing the disease boosted by 10% for every 4 inches they were over average height.



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Life & Style

New HBO series 'Watchmen' hopes to match original's ambition

NEW YORK (AP)—Damon Lindelof didn't take lightly the challenge of adapting the most acclaimed graphic novel of all time.

The "Lost" and "The Leftovers" co-creator was a fan of the revered "Watchmen" book ever since his father handed him the first few issues when he was 13 in the mid-1980s. So agreeing to spearhead HBO's new adaptation didn't come without a bout or two of nerves.

"There was immense trepidation and it was never overcome," he told The Associated Press. "Trepidation is actually our greatest asset."

Lindelof will see how he's done when the first of his nine-episode "Watchmen" follow-up debuts Sunday and the fanboys and fangirls weigh in. They will find many things created in their honor.

"The end result is something that is hopefully accessible to people who don't have



This image released by HBO shows Regina King in a scene from "Watchmen," premiering on Oct. 20.

AP

gone underground.

Before they wrote a line of script for the new series, Lindelof and his team of 12 writers carefully plotted over 10 weeks what happened to that alternate world in the decades until 2019. "It's a history that's just adjacent to our own with some significant major aberrations," he said.

In the original series, America won the Vietnam War and turned that country into a state. President John F. Kennedy is still assassinated on Nov. 22, 1963, but Richard Nixon remained president until 1988 after successfully abolishing term limits. Actor Robert Redford was running for president against Nixon.

Lindelof and his writers took all that and expanded it to a new universe. The series begins with Redford as president, and adds Henry Louis Gates Jr. as Treasury secretary and John Grisham serving on the Supreme Court.

The main plot is set in Tulsa, Oklahoma, where it's hard to tell the bad guys from the good guys because police also wear masks. Some of the original characters have made the leap 30 years and some are brand-new. The internet isn't a thing in this version of 2019—newspapers and radio are the main means of mass communication.

Guaranteed: Joe Namath voted NFL's greatest character

White shoes. Fur coat. Pantyhose. Fu Manchu mustache.

And an arm that would make Superman proud.

Yep, Joe Namath is the NFL's greatest character. Guaranteed.

The Pro Football Hall of Fame quarterback who guaranteed his three-touchdown underdog New York Jets would beat the mighty Baltimore Colts in the third Super Bowl was a solid choice in balloting conducted by The Associated Press in conjunction with the league's celebration of its 100th season. Namath earned 2,577 points in voting by a nationwide panel of 60 football historians and media who regularly cover the NFL.

"Sonny (Werblin, the Jets owner) came from the en-

tertainment business and he believed in the star system. He knew fans wanted to see stars," Namath said. "We thought of ourselves as just football players that nobody got to know except the guys we played with.

"I'll never forget this. I had dinner with the Werblins one night—this was late in the 1960s—and Sonny was telling me, 'You're a confident guy. Be more open, it will be better for everybody.' And I kept saying, 'It's just football. How much is there to talk about?'"

"So finally, his wife leans over and says, 'Joe, don't worry, honey. It's all just show business,' and she turned out to be right. Sport was changing. Things were changing in society, too. ...

"All that action off the

field? Some of it was good and some not so good. But thank God, we're still here."

And on top.

Namath easily outdistanced the late Al Davis, owner of the Raiders and a former coach and AFL commissioner. Each had 12 first-place votes, but Davis wound up 162 points behind Namath.

Only Hall of Fame quarterback Brett Favre was on all 60 ballots. Favre finished fourth overall.

Namath's career numbers weren't spectacular, but his impact on the sport was enormous. The Jets' win helped validate the AFL and the merger that NFL owners accepted. It boosted the Super Bowl toward elite sports status; no event in America gets more attention or draws a bigger audience.

an intimate familiarity with 'Watchmen,' but there's constant love letters and acknowledgments that we are building upon the foundation of this masterpiece," said Lindelof.

The creators have managed to lure an eclectic list of actors, including Regina King, Jeremy Irons, Louis Gossett Jr., Jean Smart, Tim Blake Nelson

and Don Johnson.

It proved a formidable task to build on writer Alan Moore's and illustrator Dave Gibbons' dark superhero tale, which follows a group of masked vigilantes who uncover a vast conspiracy after one of their own is killed in an alternate-history America. Superheroes are banned and have

Adam Lambert: Happy to see more LGBTQ artists find success

NEW YORK (AP)—Adam Lambert, who rose on the music scene as the runner-up on "America Idol" in 2009, says he's happy to see more mainstream LGBTQ artists find major success.

"I think it's less taboo to be queer in the music industry now because there's so many cases you can point to like, 'Oh, it worked for him. It worked for her.' I think 10 years ago, it was a lot different," Lambert said in a recent interview. "Ten years ago, it was kind of like no one really knew. And I met a lot of amazing people in the industry—executives, people, publicists, marketing people—who on a personal level were cool with me and totally open, but didn't understand how this was going to work in mainstream America, or the world for that matter."

"Now, I think there's been some research and they know better. Now, people aren't as scared. They're not as fearful. There's answers. There's examples," he continued.

One person Lambert points to is "Old Town Road" rapper Lil Nas X, who



This Sept. 6, 2019 photo shows singer Adam Lambert posing for a portrait in New York to promote "Velvet: Side A," one-half of his first studio album in four years.

AP

ality is at the end of the day. Maybe it's about, 'Do you like the (expletive) song or not?'"

Lambert, who has been busy over the years touring with legendary rock band Queen, is hoping to move the needle again with his own music. The EP "Velvet: Side A," his first new project in four years, was released last month.

"I took a while because I really had to dial into sort of the sound that I wanted it to be, and I needed to get back to sort of why I love making music," he said.

The Grammy-nominated performer calls his new project his "baby" and said while he has previously released different genres of music, he's brought his latest project to back to his beginning. With the exception of a ballad, most of the EP consists of groove and funk-based tracks.

"I didn't want to just be following some trend of the moment," he said. "As an artist, I don't like repeating myself. I like exploring new sounds, new vibes and that was part of it, too. I just needed to find a new inspiration."

Jury recommends death penalty for 'Boy Next Door Killer'

LOS ANGELES (AP)—A Los Angeles jury recommended the death penalty Friday for a man dubbed "The Boy Next Door Killer" after he was found guilty of two murders and an attempted murder.

The victims of Michael Gargiulo, 43, included 22-year-old Ashley Ellerin, who was killed on a night in 2001 when she had plans with actor Ashton Kutcher.

He testified during the trial that he arrived late for his date with Ellerin, looked into her house when there was no answer at the door, and saw what

he thought were wine stains before leaving.

Gargiulo showed no reaction as the court clerk read the death sentence at the brief hearing. Jurors also could have recommended life in prison with no possibility of parole.

His attorney Daniel Nardoni said outside court that he was angered and disappointed by the decision.

"You don't kill people that are mentally ill," Nardoni said. "It's just a matter of humanity. There's a different kind of punishment for the mentally ill. It's called life without parole."

Defense attorneys and a psychologist said in court that Gargiulo has dissociative personality disorder, formerly known as multiple personality disorder.

Prosecutors, who did not talk to reporters after the hearing, called Gargiulo "The Boy Next Door Killer" because he lived near all the victims.

He also was convicted of the 2005 murder of 32-year-old Maria Bruno and the 2008 attempted murder of Michelle Murphy, who testified during the trial's penalty phase that she lived in fear for years after the attack.

Lady Gaga falls off stage while dancing with fan

Shaq donates a year's rent to a paralyzed Atlanta boy

ATLANTA (AP)—Basketball Hall of Famer Shaquille O'Neal has donated a year's rent in a new home to an Atlanta woman whose 12-year-old son was paralyzed in a shooting at a football game.

O'Neal tells WXIA-TV that Isaiah Payton's family had been living in a one-

bedroom apartment that wasn't accessible for people with disabilities. Now they have a home in a good neighborhood. He says he's helping furnish the home and will pay its rent for the next year.

Isaiah was shot through the spine in August after a

football scrimmage between two high schools. Sixteen-year-old Damean Spear also was wounded and treated for minor injuries. Isaiah's mother, Allison Woods, has said relearning how to care for Isaiah meant she had to leave her job, adding financial stress to her emotional turmoil.

Jane Fonda returns to civil disobedience for climate change

WASHINGTON (AP)—Inspired by the climate activism of a Swedish teenager, Jane Fonda says she's returning to civil disobedience nearly a half-century after she was last arrested at a protest.

Fonda, known for her opposition to the Vietnam War, was one of 17 climate protesters arrested Friday at the U.S. Capitol on charges of unlawful demonstration by what she called "extremely nice and professional" police. Fellow actor Sam Waterston was also in the group, which included many older demonstrators.

Now 81, Fonda said she plans to get arrested every Friday to advocate for urgent reduction in the use of fossil fuels. She hopes to encourage other older people to protest as well.

Getting arrested in 2019, poses some entirely new challenges, Fonda told The Associated Press in an interview.

These days, "they use white plastic things on your wrists instead of metal handcuffs, and that hurts more," she said.

"The only problem for me is I'm old," Fonda said. After her first arrest last week, she had trouble getting into the police vehicle because she was handcuffed behind her back and "had nothing to hang on to."



Sam Waterston, right, and Jane Fonda, center, march during a rally on Capitol Hill in Washington, Friday, Oct. 18, 2019.

On Friday, Fonda emerged from a cluster of officers and stepped smartly into the police wagon, her hands cuffed in front of her.

"Thanks, Jane!" some of the protesters called out.

"What would you tell President Trump?" someone in the crowd yelled to her earlier, as she and other protesters stood on their platform in front of the Capitol.

"I wouldn't waste my breath," she shouted back, drawing laughter.

The rally drew at least a couple of hundred people, young and old.

While Fonda has taken part in many climate demonstrations, she said Greta Thunberg's mobilization of interna-

tional student strikes and other activism, along with the climate writing of author Naomi Klein, prompted her to return to courting arrests for a cause.

SHOWBIZ TIDBITS

Netflix releases Panama Papers movie despite lawsuit

NEW HAVEN, Conn. (AP)—Netflix has released a movie based on the so-called Panama Papers despite an attempt by two lawyers to stop the streaming premiere. "The Laundromat," starring Gary Oldman, Antonio Banderas and Meryl Streep, debuted Friday on Netflix after a limited release in theaters. Two Panamanian lawyers, Jürgen Mossack and Ramón

NEW YORK (AP)—Lady Gaga is recovering after falling off the stage while dancing with a fan at a concert.

During her Las Vegas show Thursday night, the pop star invited a fan onstage who picked her up and lost balance. Both plunged to the floor as a result.

Moments after the fall, Gaga was back onstage with the fan and told him: "You promise me you're not gonna be sad about that, right?"

He responded: "I promise."

Several fans posted video of the fall and Gaga's return to the stage on social media.

After the show Gaga posted Instagram photos of herself in a bath, writing: "Post show routine: ice bath for 5-10 min, hot bath for 20, then compression suit packed with ice packs for 20."

A representative for Gaga didn't reply to an email seeking comment. The singer has suffered from fibromyalgia, a condition marked by chronic and widespread musculoskeletal pain, and she has canceled several concerts as a result.



This Feb. 10, 2019 file photo shows Lady Gaga performing at the Grammy Awards in Los Angeles.

Connecticut and transferred it to the Los Angeles-area federal court district.

CBS signs Stephen Colbert to 3-year extension

NEW YORK (AP) — Stephen Colbert will be sticking around for four more years. CBS announced Thursday that Colbert has signed a new contract that will keep him as the "Late Show" host through at least August 2023. His current pact was set to expire

next August. Terms were not disclosed. But it's a safe bet Colbert is in line for a healthy raise. He took over for David Letterman in 2015 and currently reigns as the most popular host on late-night television. The "Late Show" averages nearly 4 million viewers each night, with a widening lead over the second-place "Tonight" show with Jimmy Fallon. Colbert quips that he's been asked to stay "and I have every intention of honoring their subpoena."

Boy's disrespect for dad is hard for girlfriend to take

DEAR ABBY: I am in a loving relationship with a kind and caring man, "Byron." He has a preteen son, "Eli," from a previous relationship. Eli stays with us several days a week, and I watch him while Byron goes to work. Byron and I would like to spend the rest of our lives together, but I'm uncertain if I can truly be a stepmother to his son.

Eli often yells at and hits his dad. He calls his dad stupid, among other things. He asks for expensive items during every visit, often refuses to bathe and won't eat anything other than fast food or pizza. If Byron has to say no to Eli because he doesn't have the money for something, Eli throws a temper tantrum worse than a 2-year-old.

I know the kid is capable of better behavior because he doesn't behave this way with his mother or grandmother. Byron doesn't discipline his son at all, which allows his rude and disrespectful behavior to continue. I worry about the boy's future. How will he hold a job if he acts this way toward a boss?

I like Eli very much. When he's in a good mood, he's the kindest child I can think of. But when his mood turns, it's like the dark side takes over. I love Byron. I would like to marry him. But I don't know if I can handle watching Eli be so disrespectful to his father. Sometimes it makes me feel like ending things. Please advise me on what to do.

HESITANT "STEPMOM"

DEAR "STEPMOM": I hope you realize that Eli behaves the way he does because his father allows it. Byron may do this because he feels guilty about the divorce and is afraid his son will "hate" him if he asserts himself. Your gentleman friend really needs to take some parenting classes because his failure to act isn't good for Eli. Please suggest it.

DEAR ABBY: I'm surprised by how many people choose not to use headphones while talking on the phone, listening to music or watching videos in public places. Instead, they use the speaker option or their Bluetooth speakers for all to hear.

I travel frequently. It's bad enough to suffer through one side of the conversation, but hearing both is worse (and these folks talk at top volume and make no attempt to step out of earshot). Lately, I have also noticed people watching videos in restaurants.

At my apartment's pool, several neighbors do the same thing. Sometimes the music includes offensive language, which I find inappropriate at a family pool. I'm tempted to start competing with them with random videos and music, but I know that's wrong. Is there a reasonable way to handle these folks?

BLASTED OUT IN ARIZONA

DEAR BLASTED: If you are in a restaurant, ask the

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



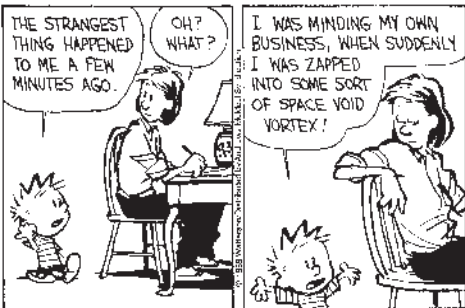
manager to move you to a quieter table. If you are bothered at your apartment swimming pool, take your complaint to the manager of the complex so a sign can be posted asking tenants to keep the volume low on their devices or wear headphones. It's worth a try. Do not make the mistake of confronting them yourself.

P.S. Consider putting on headphones and listening to something of your choosing. It will drown out what you don't want to hear.

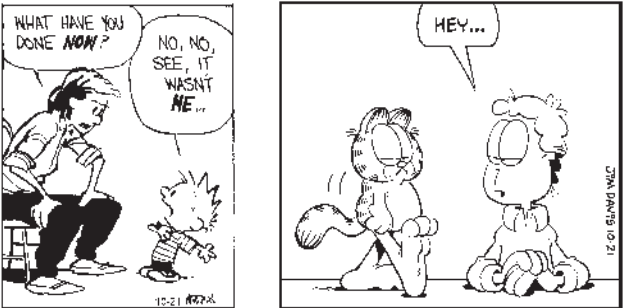
To receive a collection of Abby's most memorable — and most frequently requested — poems and essays, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby — Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Pastimes

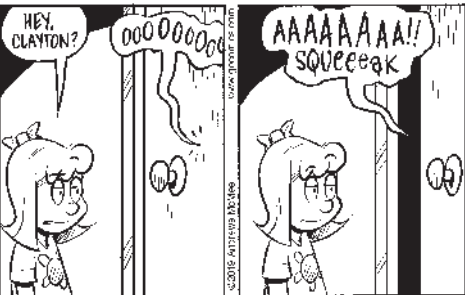
Calvin and Hobbes



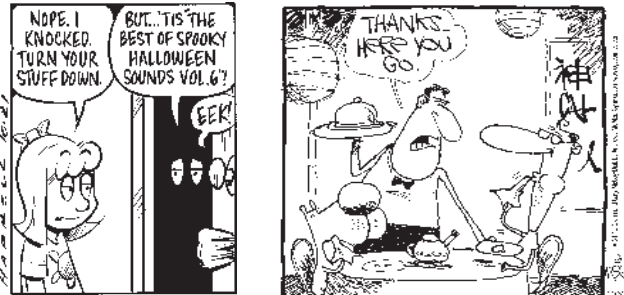
Garfield®



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The Duplex



CROSSWORD By Eugene Sheffer

ACROSS

1 Tri-umphed

4 Honda model

9 Winter ailment

12 Com-serving

13 Florida city

14 "Shool"

15 French eatery

17 World Cup cheer

18 Holly-wood's Thurman

19 Depleted

21 Chapeau holder

24 Artist Chagall

25 Mess up

26 Stitch

28 Spacious

31 Turkish officials

33 Cry

35 1973 Toni Morrison novel

36 "You've got a — nerve!"

38 Young fox

40 Crater edge

41 Old salts

43 Free of charge

45 Behold

47 Burrowed

48 Bobby of hockey

49 Eatery in a high school

54 "— was saying ..."

55 God, in Islam

56 Like Yeller

57 Extinct bird

58 Elite Navy group

59 Agrees to

DOWN

1 Entangle-ment

2 Rowing need

3 Gun-lobby org.

4 Carl Sagan series

5 Tools for alpine climbers

6 Cross-word clue abbr.

7 Pelvic bone

8 Salad type

9 Eatery in a mall

10 Hum-dinger

11 Lone Star State sch.

16 U-boat, for one

20 Cupid's alias

21 Make well

22 Golden Fleece ship

23 Italian eatery

27 Stir-fry pan

29 Roman 1052

30 Orange veggies

32 Drench

34 "Who cares?"

37 Brawl

39 "We hold these — to be ..."

42 Trite

44 Mature

45 Rich soil

46 Roughly

50 Ga-neighbor

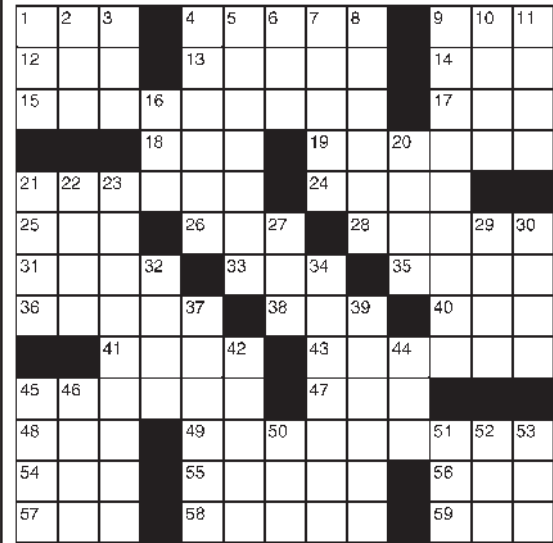
51 Kanga's kid

52 Sort

53 TV spots

Solution time: 26 mins.

Last Friday's Answer 10/21



STUMPED? For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Blanca Suarez, 31; Glen Powell, 31; Matt Dallas, 37; Judge Judy Sheindlin, 77.

Happy Birthday: Patience, understanding and kindness will lead to positive change. Look inward, and you will discover what you have to offer. Personal growth will encourage you to put more energy into what matters most to you. The journey will result in encounters that will take you to places you never knew existed. Get ready for a taste of life. Your numbers are 3, 11, 16, 20, 27, 36, 43.

ARIES (March 21-April 19): Explore new avenues, plan an adventure or mentally or physically travel to places that will broaden your outlook and make you consider atypical options. A change will turn into something you least expect if you are open to trying something new. ★★★★★

TAURUS (April 20-May 20): Live and learn. The experience will make the difference moving forward. Indulge in events and activities that will give you higher perception and help you understand what others need and want from you. Set boundaries, and offer only what's feasible. 2 stars

GEMINI (May 21-June 20): Leap into action, and take care of anything you've left undone. Refuse to let anyone distract or deter you from taking care of personal business. How you handle your responsibilities will determine how much respect and assistance you receive. ★★★★★

CANCER (June 21-July 22): Make a change for the right reason. If you follow what someone else is doing, it will end

up costing you emotionally or financially. Let your heart be your guide, and you will make the best decision possible. ★★★★★

LEO (July 23-Aug. 22): A couple of adjustments you make at home or to the way you handle your personal finances will help cut your overhead and ease stress. Don't ignore the cost of something you don't really need. Peace of mind should be a priority. ★★★★★

VIRGO (Aug. 23-Sept. 22): Participate in events that are meaningful. Someone you meet will have an impact on your life. A change to the way you live or handle others will help weed out those inclined to stand in your way. ★★★★★

LIBRA (Sept. 23-Oct. 22): Don't fight the inevitable. Size up situations so you can start a new adventure. Evaluate what's transpired and the options you are left with, and you'll recognize what you need to do to excel. ★★

SCORPIO (Oct. 23-Nov. 21): Share information, engage in debates and search for knowledge and experts that can lead you where you want to go. It's OK to take a path that isn't for everyone. Take charge and don't look back. Romance is in the stars. ★★★★★

SAGITTARIUS (Nov. 22-Dec. 21): Your charm will capture attention, but don't let this go to your head. It's fun to elaborate, but don't exaggerate, because someone will question you. Stick to the facts, and be prepared to stand behind your word. Physical activity is favored. ★★★★★

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Take pride in what you do. Use your skills, knowledge and physical attributes to excel. Refuse to let an emotional incident stop you in your tracks. What you do will make a difference and bring positive change to essential relationships. ★★★★★

AQUARIUS (Jan. 20-Feb. 18): Be careful how you handle your peers, relatives and neighbors. An adjustment can lead to an emotional confrontation if you aren't careful. Concentrate more on personal gain, getting things done and physical fitness. ★★★★★

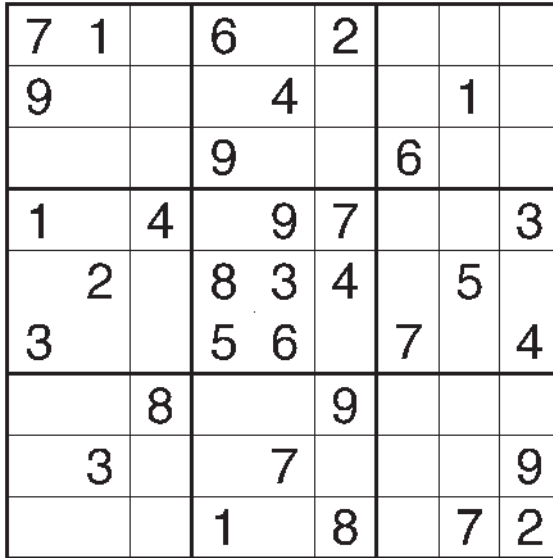
PISCES (Feb. 19-March 20): Look for creative ways to stretch your money. Cut corners, and use what you have to offer to barter for the services you want. Make changes to the way you handle money, health and contractual matters. It's time to implement positive change. ★★★★★

Birthday Baby: You are thoughtful, serious-minded and insightful. You are ambitious and innovative.

Visit EugeniaLast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

SUDOKU

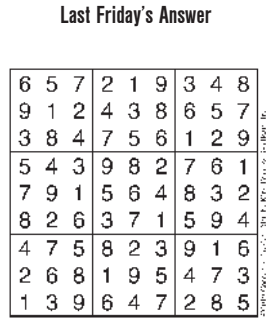
Conceptis Sudoku By Dave Green



Difficulty Level ★ 10/21

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.



WONDERWORD By DAVID CUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

PLANTING IN THE FALL Solution: 10 letters

S S A L I L I E S B L U B M Y
A T L E N N E F P E T P S U E
L A U G A R L I C U I L E I L
U R G O L L A F R L A S R L S
D F U E R Y K F U U N N N L R
N L R P R P G T N A L P L A A
E O A E I R S N S B M R E A P
L W L A A H A S L P R I T G O
A E A S R U C O L E O M T A R
C R S U G O O L B E F R U B D
A O B U O M S O U E S O C A W
R S S L U L T O R M S S E T O
R T E M H C A N I P S E U U N
O R S N O I N O F L O W E R S
T T R E E S S S A R G E U L B

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Allium, Annuals, Arugula, August, Bloom, Bluegrass, Brussels, Bulbs, Calendulas, Carrot, Celery, Cooler, Cosmos, Crops, Fall, Fennel, Fern, Flowers, Form, Garlic, Kale, Lettuce, Lilies, Mulch, Mums, October, Onions, Parsies, Parsley, Peas, Plant, Primrose, Rutabaga, Shrubs, Snowdrop, Soil, Spinach, Sprouts, Starflower, Trees, Tulip, Turfgrass

Last Friday's Answer: Texture

To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

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WHATZIT Solution: Take it in turns

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Saipan Tribune’s Classifieds Section gives you the right exposure without hurting your pockets. Stretch your dollar and get results.

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Saipan Tribune also offers a complete 5-day run of liner ads, for as low as \$15 for garage sales, apartment rentals, help wanted, auto and more. You can choose from any of the packages below.

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• 5-Liner	\$24

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Ads must be submitted before 12 noon 2 days prior to publication date

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Cancellations should be made before 12 noon of the day prior to date of publication.

REFUNDS

Refunds will only be made if cancellation deadlines are met. No refunds will be made once ad is already printed.

CHECK YOUR ADS

Saipan Tribune will not be responsible for errors after the first day of publication. Errors should be called in before noon of the issue date. Saipan Tribune reserves the right to place ads under proper headings and to revise copy when necessary.


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All advertising in the Saipan Tribune are subject to applicable rate sheet, copies of which are available from the Advertising Sales Department (please call 235-8747, 235-2769 or 235-6397). All ads will be subject to approval prior to publication. We reserve the right to edit, refuse, reject or cancel any ad at any time. Also, Saipan Tribune reserves the right to place ads under proper headings and to revise copy when necessary.

PUBLIC NOTICE
**Solicitation for Bids
for Repair Work on Mañagaha Island**
Tasi Tours and Transportation, Inc. (“Tasi”) operates a tourism concession on Mañagaha Island under a contract with the CNMI Department of Public Lands. Under this contract, Tasi maintains the pavilions and other improvements on Mañagaha. Super-typhoons Soudelor and Yutu damaged the roofs of six of the pavilions, a BBQ area, and the generator house. Tasi is soliciting formal bids for the repair of these roofs. The award is contingent upon approval by the Department of Public Lands.

Bid packages are available now at Tasi’s office, Beach Road, Saipan. Boat transportation to Mañagaha to view the pavilions, BBQ area, and generator house may be arranged by calling David L. Igitol at Tasi at (670) 235-9373. Such arrangements must be made by no later than October 21, 2019.

Bids will be due in writing no later than October 25, 2019 at 4:00 PM addressed to Masato Tezuka via email at m_tezuka@tasi-saipan.com or via hand delivery in a sealed envelope at Tasi’s office on Beach Road, Garapan, Saipan.

PUBLIC NOTICE


This is to inform the public that **MR. WALTER DAYA PENALOSA** is no longer connected with **Best Deal General Merchandise** effective October 10, 2019.

Any transaction made or entered by him after the above-mentioned date will no longer be honored by the company.

For any question or concerns, please call our office at (670) 234-8885.



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**IN THE SUPERIOR COURT
OF THE
COMMONWEALTH OF THE NORTHERN
MARIANA ISLANDS**

INVICTUS T. FELICIANO Petitioner,) FCD-DI CIVIL ACTION NO. 19-0219
vs.	
GERALDINE C. FELICIANO Respondent,) SUMMONS FOR PUBLICATION


TO THE ABOVE NAME RESPONDENT:

YOU ARE HEREBY SUMMONED and notified to file any answer you wish to make to the Complaint, a copy of which is on file with the court, within thirty (30) days after service of the Summons upon you, and to deliver or mail a copy of your answer to the Petitioner whose address is P.O. Box 504279 Saipan, MP 96950 as soon as practical after filing your answer or sending it to the Clerk of Courts for filing.


Your answer should be in writing and filed with the Clerk of this Court at P.O. Box 500307 Susupe, Saipan, MP 96950. It may be prepared for you by your counsel and sent to the Clerk of this Court by messenger or Mail. It is not necessary for you to appear personally until further notice. If you fail to file and answer in accordance with this summons, judgment by default may be taken against you for relief in the complaint.

Dated this 27th day of September, 2019

/s/ Clerk of Court



Commonwealth of the Northern Mariana Islands
HEALTH CARE PROFESSIONS LICENSING BOARD
P.O. Box 502078, Bldg., 1242 Pohnpei Court
Capitol Hill, Saipan, MP 96950
Tel No: (670) 664-4809 Fax: (670) 664-4814
Email: cnmibpl-hcplb.net
Website: cnmibpl-hcplb.net



Pursuant to P. L. 8-41, Section 11, Governor Ralph Torres and Lt. Governor Arnold I. Palacios, through the Board of Professional Licensing (BPL) are hereby giving notice that it will hold its board meeting on **October 21, 2019 at 9:30 a.m.** on Saipan. The meeting will be held at the Board’s Conference Room at Bldg. #1242, Pohnpei Ct., Capitol Hill, Saipan.


AGENDA

- I. Meeting Call to Order
- II. Determination of Quorum
- III. Review and Adoption of Agenda
- IV. Review and Adoption of Minutes – Not available
- V. Public Comments
- VI. Chairman’s Report
 - NCEES Leadership Guests
 - Complaint #2019-001 (Felipe Atalig)
 - J.Hofschneider (Application to practice Land Surveyor)
- VII. Director’s Report
- VIII. Investigator’s Report
- IX. Communications from the Governor’s Office & Legislature
 - A. Governor’s Office
 - B. Legislature
- X. Old Business
- XI. New Business
- XII. Applications for Board’s Review
- XIII. Miscellaneous Business
- XIV. Executive Session: The Board may vote to meet in executive session to consult with counsel with pending or anticipated legal matters.
- XV. Announcements
 - A. Next Meeting Date
 - B. Adjournment of Meeting



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Altuve's HR in 9th sends Astros to World Series



HOUSTON
(AP)—Jose Altuve, the

5-foot-6 driving force of Houston, delivered a swing that will play in Astros' highlights forever.

Altuve homered off Aroldis Chapman with two outs in the ninth inning and Houston outlasted the New York Yankees 6-4 Saturday night to advance to the World Series for the second time in three years.

"That's one of the best moments of postseason history," Houston general manager Jeff Luhnow said.

In a bullpen Game 6 with a back-and-forth finish, DJ LeMahieu hit a tying, two-run shot off Astros closer Roberto Osuna in the top of the ninth. Altuve answered with a two-run drive to left-center, setting off a wild celebration at Minute Maid Park and earning himself AL Championship Series MVP.

"Beautiful game," Altuve said.

Astros ace Gerrit Cole was waiting to pitch a potential Game 7 on Sunday. Instead, the postseason star—undefeated since May 22—can be lined up for Game 1 at home against the NL champion Washington Nationals on Tuesday night.

Yuli Gurriel hit a three-run homer in the first inning, and flashy outfield defense helped Houston's relievers defeat the Yankees and their vaunted bullpen.

It almost fell apart in the ninth. Gio Urshela singled off Osuna leading off for his third hit of the game, and LeMahieu put a ball into the first row of seats in right field — inches over the glove of leaping George Springer—to tie it at 4.

Altuve, a sparkplug touted as Houston's heart and soul, didn't let this one get away.

"I get asked to describe Jose Altuve all the time," manager AJ Hinch said. "I think MVP is what he is."

The teams combined to use 14 pitchers in a drawn-out game that lasted 4 hours, 9 minutes.

Houston's Will Harris, who got four outs over the sixth and seventh innings and has yet to allow a run this postseason, was glad Houston's bullpen got to show its stuff.

"We have a lot of guys with a lot of pride that are really good at their jobs," he said. "And I was excited for the opportunity for us to prove that today."

The defense helped. Right fielder Josh Reddick dived for Brett Gardner's liner for the second out of the sixth. An inning later, left fielder Michael Brantley laid out for Aaron Hicks' shallow floater and doubled off Aaron Judge at first.



AP
Houston Astros' Jose Altuve hits a two-run walk-off to win Game 6 of the American League Championship Series against the New York Yankees Saturday, Oct. 19, 2019, in Houston. The Astros, prevailed, 6-4, to win the series 4-2.

Didi Gregorius but limped over to tag him for the final out of the third. Pressly, who grimaced as he went toward the dugout after one pitch, had arthroscopic surgery on the same knee on Aug. 22 and returned Sept. 20. Pressly also got two strikeouts with the bases loaded in Game 4.

He said that some scar tissue broke off on the play but that he'll be ready to go this week.

"It's the World Series," Hinch said. "It will be all hands on deck."

No World Series trip for Yanks in a decade

The Yankees are synonymous with the Fall Classic.

Just not this decade.

The Bronx Bombers have reached the World Series 40 times in their history, winning 27 titles, by far more than any other major league team.

But in the 2010s, even a trip to the World Series has eluded the iconic franchise.

This is first decade in which the Yankees didn't reached the World Series since the 1910s.

It's not from a lack of trying. They have lost the American League Championship Series four consecutive times—in 2010, 2012, 2017 and 2019—tying the longest streak in MLB history. The first two were losses to the Texas Rangers and the Detroit Tigers, while the two most recent exits were courtesy of the Houston Astros.

Yankees closer Aroldis Chapman gives up a game-winning two-run homer to Jose Altuve in the ninth inning.

"Yeah, it's a failure," said Yankees slugger Aaron Judge after the 6-4 loss in Game 6 of the ALCS in Houston.

It's not like the Yankees haven't been contenders. Their 56.9 win percentage from 2010-19 during regular-season leads the majors. And it's not a far reach from when they won four championships in five years from 1996-2000.

"Sports can be a little bit cruel for the team that goes home," said Boone said after Game 6.

"We'll continue to try and close that gap or put ourselves in a position to get over the hump. I know everyone in our room believes we will and we'll have a lot of battle scars when we do finally get to the top of that mountain."

Nationals, Astros in pitching showdown

Gerrit Cole, Max Scherzer and a slew of aces get the World Series started in Houston, then the scene shifts to Capitol Hill.

But with Justin Verlander, Stephen Strasburg and all these electric arms, might as well call it capital hill.

Because in this Year of the Home Run, the focus of the 2019 Fall Classic is on the mound.

A throw-down for the ages, maybe.

"I know a few guys in their rotation, and I'm personally excited that they're in this position, and I'm just very excited to get in there," Cole said late Saturday night.

The matchup comes with a neat twist, too: The Astros and Washington Nationals share a spring training complex—they met in the exhibition opener in February, and Scherzer gave up a homer to the first batter of the game.

Now, eight months later, they meet for real, beginning Tuesday night at Minute Maid Park. The 107-win Astros trying to take their second crown in three years, the wild-card Nationals making their Series debut.

Houston opened as a 2-1 favorite of the Las Vegas sports books.

Cole is lined up for Game

1, with Verlander and Zack Greinke to follow.

"We got some pretty big boys that can pitch," Astros manager AJ Hinch recently said.

So do the Nationals in their rotation with Scherzer, Strasburg and Patrick Corbin. And even Anibal Sanchez—all he did lately was take a playoff no-hit bid into the eighth inning.

No slight to the big hitters here: Jose Altuve, the AL Championship Series MVP after his homer beat the Yankees in Game 6 on Saturday night, MVP candidates Alex Bregman and Anthony Rendon, postseason star George Springer and top shortstops

Trea Turner and Carlos Correa.

Not to overlook the young stars on this stage for the first time, rookies like Juan Soto and Yordan Alvarez.

Yet in an era when teams search for new pitching strategies—witness the Astros' parade of relievers in the Game 6 of the ALCS—the two clubs left figure to rely heavily on their rotations.

Fine by Hinch.

"Philosophically, whether it's about the new-age opener or pulling guys third time through, most of the people that support that haven't had Verlander or Cole on their team," he said.

that goes home."

Washington is seeking its first championship in the 51-season history of the Montreal Expos/Nationals franchise. The original Washington Senators won their only championship for the nation's capital in 1924 and last reached the World Series in 1933 before becoming the Minnesota Twins for the 1961 season.

Gary Sanchez had an RBI single in the second and Urshela homered in the fourth for the Yankees.

Alex Bregman gave the Astros an insurance run with an RBI on a forceout in the sixth inning.

Brantley's double play elicited one of the loudest ova-

tions of the night—before Altuve's blast—from the sellout crowd of 43,357 which included Hall of Famers Nolan Ryan and Craig Biggio and Rockets stars James Harden and Russell Westbrook, who watched from the front row in personalized orange Astros jerseys.

New York was 1 for 6 with runners in scoring position and 3 for 24 over the final five games of the series.

"The work never ends," Boone said. "And we'll continue to try and I guess close that gap."

Altuve doubled off Green with one out in the first inning and Bregman drew a walk with two outs. After a short visit to the mound, Gurriel knocked the next pitch into the

seats in left field for a 3-0 lead. The runs were Houston's first with two outs in the series.

Houston had been 4 for 40 with runners in scoring position before that big swing.

Brad Peacock, who threw eight pitches in a scoreless eighth inning Friday night, became the fourth pitcher ever to finish a postseason game and then start the next day, and the first since 1924.

He needed seven pitches to retire the side in the first before running into trouble with two outs in the second. Josh James ended the inning by striking out Gardner.

Ryan Pressly had another gutsy escape, too. He hurt his right knee again fielding a bases-loaded grounder by

Milwaukee, Philadelphia eye East title



Giannis Antetokounmpo and the Milwaukee Bucks were a couple wins from beating Toronto. The Philadelphia 76ers were maybe a couple bounces from doing it a round earlier.

Neither team was good enough to finish the job last season, but both think this is their time after Kawhi Leonard went back to the Western Conference.

That left the NBA champions weakened and the Bucks and 76ers looking like the favorites to represent the East in the NBA Finals—where perhaps they'd have to deal with Leonard again.

The Bucks appeared headed there in 2018-19, right up until midway through the East finals. Milwaukee had the league's best record at 60-22, with Antetokounmpo eventu-

ally winning MVP and Mike Budenholzer the Coach of the Year. But the Bucks couldn't get another victory after taking a 2-0 lead over the Raptors, who won the next four games to reach the finals.

The Bucks think they addressed some of their weaknesses and are ready to take another run at it.

"I think everybody on this team wants to show that last year wasn't just, you know, a year by accident that we just won 60 games," Antetokounmpo said. "I think we had a great team. We got better but obviously there's going to be a lot of teams that expect us. They know us now and they're going to play hard."

It took Leonard's shot that bounced on the rim four times before falling in at the buzzer in Game 7 to knock out Philadelphia in the second round. The 76ers come back with Al

Chinese state media warns Silver

NBA players and teams have left China, but the back-and-forth between the two sides has not stopped. On Saturday, Chinese state broadcaster CCTV issued a warning to commissioner Adam Silver.

According to the South China Morning Post, in a commentary, CCTV said Silver could face "retribution" for defaming China and supporting Daryl Morey, the Houston Rockets general manager who tweeted support for the Hong Kong protests and set off an international controversy between the NBA and China.

Earlier in the week, Silver had revealed at the Time 100 Health Summit in New York that China had asked the NBA to fire Morey over the tweet, which read "Fight For Freedom. Stand With Hong Kong." The commissioner said that there was "no chance that's happening."

Headed: "There's no chance we'll even discipline him."

The Chinese government, through a spokesperson, denied that it made the request.

Silver has clarified the NBA's position in recent public statements after his initial comments ignited criticism in the United States. The league's first statement called Morey's tweet "inappropriate" and said the NBA was "extremely disappointed."

Despite admitting that the financial losses as a result of Morey's comments have already been "substantial" and "may continue to be fairly dramatic," Silver said that he is willing to deal with the consequences and protect Morey's freedom of expression.

This, no doubt, has infuriated China. In the editorial, CCTV claimed Silver "fabricated lies out of nothing and has sought to paint China as unforgiving" in order to "please some American politicians." After Silver's initial statement, politicians on both sides of the aisle criticized the league.

While this appears like a bunch of hot air from the mouthpiece of the Chinese government, it is an indication that the two sides are far from reconciling. China stopped broadcasting preseason games and many sponsors have pulled out. Some games are back on the airwaves, but it might be awhile before the tension dies down.

At the Brooklyn Nets preseason game on Friday at the Barclays Center, hundreds of protestors filled the stands donning "Stand With Hong Kong" shirts. NBA players, coaches and executives have strayed from stating their opinions on the issue as to not fan the flames, with LeBron James' panned remarks earlier in the week as an example.

Ironically, it was James' criticism of Morey that created an uproar in the United States and led to people in Hong Kong burning his jersey.

Granted, issues surrounding a sports league that is worth billions of dollars with or without business in China seems paltry compared to what the Hong Kong protestors are fighting for. But as long as China keeps pushing back on the NBA over this issue, Adam Silver has a rocky road ahead.



AP
Milwaukee Bucks' Giannis Antetokounmpo (34) dunks over Utah Jazz's Bojan Bogdanovic during the first half of a pre-season NBA basketball game Wednesday, Oct. 9, 2019, in Milwaukee.

round pick in a huge deal for the often-injured Griffin. He was tremendous last season, joining LeBron James and Giannis Antetokounmpo as the only players in the league averaging at least 24 points, seven rebounds and five assists per game. The Pistons made the playoffs but were swept in the first round.

Now Rose arrives, fresh off a season in which he averaged 18 points for Minnesota. He appeared in only 51 games because of a variety of injuries, but that was more than double what he played the previous season for the Timberwolves and Cleveland. Last season was his second-highest scoring mark since tearing his left ACL in 2012. He also shot a career-best 37% from 3-point range.

"I'm more poised, I'm shooting the 3, I'm more efficient," Rose said.

Jumping off point

The deciding factor in the East could be how much either Antetokounmpo or Simmons improves from the perimeter. Both have relied on their ability to get to the basket to overcome a weak jump shot, but both worked on their stroke over the summer and hit from 3-point range in the preseason.

Sidelined stars

Among the injured East players missing some or possibly all of the season: Kevin Durant (Brooklyn), Victor Oladipo (Indiana) and John Wall (Washington).

Record-setting season

Carter re-signed with Atlanta last month and will become the first player in NBA history to play 22 seasons.

Back to Boston

Irving originally said he planned to remain in Boston, but changed his mind and signed with Brooklyn after the Celtics' disappointing season. His first trip back is scheduled for Nov. 27 for a nationally televised game on the night before Thanksgiving.

Make more Magic

Orlando engineered a 17-win improvement last season, tops in the NBA, to finish 42-40 and reach the playoffs for the first time since 2012. The Magic, who went 22-9 down the stretch, brought back 12 of the 17 players who appeared in a game for them in 2018-19.

Horford and Josh Richardson but without Jimmy Butler or JJ Redick, hoping they've given coach Brett Brown the right mix around All-Stars Joel Embiid and Ben Simmons.

"We know what the expectations are and we embrace it. It's not just Brett, it's all of us," general manager Elton Brand said. "We're in that position now where just getting to the first round, getting to the second round, those expectations are gone. We're expected to win big and we embrace it."

Leonard went to the Los Angeles Clippers but the Raptors still have Marc Gasol and Pascal Siakam in their front-court that finally slowed down Antetokounmpo. He knows there will be many more teams gearing up to do the same starting next week.

"We've just got to be ready," he said. "They're not going to give us nothing. We've got to go out there and take every-

thing that we want and we've got to earn everything that we've got to earn this year."

Something to prove

Blake Griffin was asked to recall the early stages of Derrick Rose's career, when the dynamic point guard won an MVP for the Chicago Bulls at age 22.

"His run in Chicago was special," Griffin said. "I don't want to say it caught us off guard, because it was kind of a nice natural progression for him, but just everything he did was at a higher level than anybody else. He was great for the game of basketball—is great for the game of basketball."

The Detroit Pistons are hoping Griffin was right to use the present tense after signing Rose as a free agent this offseason. Now 31, Rose is far removed from his days as an MVP, but the Pistons saw enough upside to bring him in. Detroit also added 38-year-old

Joe Johnson.

The Pistons now have the top picks from the 2008 and 2009 drafts in Rose and Griffin. Rose, Griffin and Johnson have combined for 16 All-Star selections, although the last time they made it at the same time was in 2012. How this trio will do in 2019 is anyone's guess.

Detroit's moves were certainly interesting, and there were seemingly inevitable questions about whether the Pistons should double down on big names in their 30s by adding Carmelo Anthony. That did not happen, but Detroit has shown a willingness to be creative when trying to add talent.

The Pistons haven't won a playoff game since 2008, and they aren't exactly a prime destination for the game's top free agents. They also haven't been bad enough lately to pick near the very top of the draft.

In 2018, they gave up a first-

Good news: Mahomes' injury not too serious



KANSAS—
Kansas City
Chiefs quarter-
back Patrick
Mahomes' inju-
ry is reportedly not too serious
and a 17-game schedule may
be on the horizon.

All that and more on this edition of NFL news and notes.

When Mahomes went down with a knee injury during the second quarter of the Chiefs' 30-6 win over the Denver Broncos, the NFL world held its collective breath. But a new report suggests Mahomes' injury is not as serious as it was initially believed.

NFL Network's reporting the reigning NFL MVP had an MRI on Friday and it confirmed the diagnosis of a dislocated knee cap and that there is "no significant additional damage."

The Chiefs plan on him returning later this season.

Kansas City currently sits at 5-2 and first place in the AFC West. Three of their next four games are at home before a bye in Week 12.

Mayfield, 2 others fined

The league has fined Cleveland Browns quarterback Baker Mayfield, Los Angeles Rams linebacker Clay Matthews and Detroit Lions defensive back Tracy Walker \$12,500 each for their comments on officiating after a rough week for the referees/

All three players publicly ripped into a variety of questionable calls during last week's games.

Mayfield started things off after a ludicrous illegal blind-side block penalty was called on Browns receiver Jarvis Landry during the third quarter of last week's loss to the Seattle Seahawks. He also predicted this punishment would be coming.

Walker got his punishment after the worst-called game of the week: The debacle that was the Green Bay Packers' win over the Lions.

In a game that saw the Packers significantly helped by three blown calls in the game's final minutes, Walker joined Barry Sanders, Ninja and more in blasting the refs.

Matthews' comments were the most public of the three, and also came in the aftermath of the Packers-Lions game. The linebacker went so far as to call out Al Riveron, the NFL's vice president of officiating, by name.

Cooper practices for Cowboys

Amari Cooper suffered a thigh bruise during the Dallas Cowboys' 31-24 loss to the Green Bay Packers in Week 6, and



KANSAS CITY—
Kansas City Chiefs quarterback Patrick Mahomes (15) is helped off the field after being injured against the Denver Broncos during the first half of an NFL football game, Thursday, Oct. 17, 2019, in Denver.

had to exit last week's 24-22 loss to the New York Jets early in the game due to the lingering injury.

"From the time I had hurt it in the Green Bay game to the time I talked to you guys, it had taken a huge leap," Cooper told reporters on Thursday. "So I thought it would continue to get a lot better each and every day—but it kind of plateaued and it only got a little bit better every day."

Dallas desperately need Cooper to be healthy, especial-

ly with the team in the midst of a three-game skid after starting the season 3-0. It remains to be seen whether Cooper will suit to against Philadelphia Eagles on Sunday.

"You know it's going to be a challenge, it's going to be a dogfight for us," Cooper said. "It's a divisional game, and it's always a dogfight."

17-game regular season discussion

In recent years, rumors of NFL owners wanting to expand the

regular season to 18 games have surfaced and been major talking points.

It seems players have begun to warm up to the idea, with ESPN reporting the NFLPA is open to discussing a 17-game regular season as part of the next collective bargaining agreement. The report states the NFLPA is in favour of expanding the season as long as the players' share in revenue is increased by a "sufficient amount" in the new deal.

While a formal 17-game

proposal has not been created, the report states details have been discussed regarding the new schedule, including bye weeks for teams before Thursday night games, moving the Super Bowl back to Presidents' Day weekend and players getting paid on a 52-week schedule as opposed to just during the season.

The current CBA expires in March 2021.

Meanwhile, you do not have to be a football expert to notice Denver's offense this season

has been below par. The Broncos have scored more than 20 points just twice this season, and in Thursday's home loss to the Chiefs, they only managed six against a porous Kansas City defense.

"It was all levels of our passing game (that) were problems," coach Vic Fangio said. "Protection sometimes, receivers not getting open sometimes, [the Chiefs] using good coverages for us that maybe we weren't ready for; it's certainly a problem we have to get rectified moving forward. ... It's disappointing not to be ultimately competitive out there."

Last offseason, Denver general manager John Elway traded a 2019 fourth-round pick in the NFL Draft to Baltimore for quarterback Joe Flacco. The former Super Bowl MVP was coming off a season where he only played in nine games and has not looked like the signal-caller who lead the Ravens to a championship seven seasons ago.

Since Peyton Manning retired, the Broncos have seen five different quarterbacks start games for them and can't seem to find stability at the position. Not to mention the team opted to hire a defensive-minded coach in Fangio this past offseason, so it was not like things were going to improve on the offensive side of the ball this season.

In other news, Mitch Trubisky has been sidelined after dislocating his shoulder and partially tearing his labrum on September 29 against the Minnesota Vikings.

The Chicago Bears released their injury report on Friday, and while Trubisky was a full participant in practice all week, he is listed as questionable for Sunday's game.

"That where we have him at," Bears coach Matt Nagy said. "He's been doing good in practice and I like where he's at. We said earlier in the week that it was going to be a day-by-day thing and so far he's stacked good days together."

Chicago have played one game in Trubisky's absence: a 24-21 loss to Oakland Raiders in London. But having the former first-round pick might not make things any better for the Bears.

The 25-year-old has looked pedestrian at best in the four games he has appeared in, leaving Chicago to rely on a tenacious defense to stay in games.

Thomas wins 11th PGA Tour event



JEJU ISLAND, South Korea (AP)—Justin Thomas won his 11th PGA Tour event and his second in South Korea in three years with a final-round 5-under 67 and a two-stroke victory over South Korean-born New Zealander Danny Lee.

Thomas and Lee made it mostly a two-man show Sunday. They entered the final round tied and stayed that way through the front nine.

Thomas birdied the 14th to take one-stroke lead, then went up by two when Lee bogeyed the 15th after missing a 10-foot par putt and Thomas made a two-footer for par. After going from greenside bunker to bunker on the 16th, Lee bogeyed again and fell three behind. But Thomas bogeyed

the 17th after his 12-footer for par lipped out, reducing the deficit to two strokes.

On Saturday, Thomas had a three-stroke lead heading into the 18th ahead of a three-shot swing when Thomas bogeyed and Lee made a long eagle putt. On Sunday, there were no such late miracles for Lee: Thomas and Lee both birdied the 18th, with Lee lipping out on his eagle putt to finish with a 69.

"It was a very, very tough day," Thomas said. "Danny made it extremely difficult. He really made a lot of putts, a lot of unbelievable up and downs to kind of keep me from getting all the momentum."

Thomas finished with a 72-hole total of 20-under 268 at Nine Bridges.

"Just a couple holes that were letting me down with the driver on the back nine,"

Lee said. "A couple tee shots that you cannot hit it in that bunkers on the left and I did, so struggling to make par from there when Justin had a couple birdie looks."

On the eagle putt on 18, Lee said: "Pretty close. I wasn't going to leave that short. It looked so good for so long. Had a little too much speed to go in, but I gave it a really good run."

Lee has had to deal with some family issues on the weekend — following the third round he said his second child was born prematurely. Lee's wife Yoomi was scheduled to deliver their child closer to the Christmas holidays. The baby is currently in an incubator.

Lee told the PGA Tour website that he planned to keep the matter private until after the

event but responded to a question about whether he and his wife had plans to celebrate should he win the event.

"I was not going to talk about this until the end of the event," said Lee.

Hideki Matsuyama (65), last year's runner-up Gary Woodland (66) and Australian Cameron Smith (69) finished tied for third, five behind Thomas. Jordan Spieth closed with a 71 and was tied with four others at 12-under.

Phil Mickelson finished with a 68 and Jason Day with a 71, both at 7-under.

The PGA Tour's second of three weeks in Asia continues next week at the Zozo Championship in Japan—which will feature Tiger Woods—and ending with the World Golf Championship event in Shanghai.

Connie's BBQ secures spot in finals

GCA

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single-elimination playoffs last weekend after posting a 9-2 mark in the preliminaries, topped MHS 2 to advance to the championship match.

In the one-game finals, SIS 1 put up a strong fight in the first set before a determined GCA crew gained cushion in the second to cruise to victory and secure the sweep. The Eagles were motivated to get the job done, as they want to dedicate their win to Hyejin Elliot, who failed to play in the title match due to a knee injury she sustained during a school activity.

According to GCA coach Cesar Libut, their players really wanted to step up after losing one of the Eagles' best spikers.

"After losing our best spiker for the last two games, it's amazing to see that the team really stepped up. They knew that their teammate is injured and they said 'we are going to dedicate this to her,'" Libut said.

Libut said it was rewarding to watch his students give

their heart for the game and because they played with passion, the result was fruitful.

When asked what training was like for the girls, Libut said it was really about enforcing discipline.

"The students and the players are well dedicated, they come on time, and they work hard. This is a product of working hard," he said.

Sunny Woo, Kimi Dilse, Anna Nunez, Clerisse Dacumos, Miku Kimura, Katriel Saures, Alayna Howard, Mint Karsuaythong, Soleil Lamar, Irene Lee, Susana Villagomez, Vicky Wang, and Elliot made up the GCA roster.

Saures is among the few rookies on the champion squad and she was honored to be part of the starting six in the finals in her freshman year.

"It meant a lot since I'm a freshman. I was one of the first six because that's rare for that to happen. I've still got a lot more to learn. I want to thank our coach and all the coaching staff who helped us out and especially my team for supporting and playing hard, fighting for the win," Saures said.

By **KIMBERLY A. BAUTISTA**
kimberly_bautista@saipantribune.com
REPORTER



Connie's BBQ filled the second seat in the finals of the 2019 One Pacific Promotional Basketball League after outclassing Mawati, 78-66, in their semifinals match last Thursday at the Civic Center Court.

Mawati and Connie's BBQ's semis tiff was first played last Wednesday, but was rained-out and resumed the next day with the latter ahead, 15-10, in the closing minutes of the first quarter. Connie's went on to remain in control of the battle for the last finals ticket to earn the right to face No. 1 seed Tsingtao Boyz in the title match this Saturday.

Frankie Bongalan top-scored for Connie's with his 20 points, while three of his teammates also delivered double figures. Darwin Barbo added 17, Nelson Cabang made 12, and Ronald Esmores chipped in 11.

Bongalan went all out in the final quarter, as his 11 points handed Connie's BBQ the 12 point winning margin.

Earlier in the first period,



Bongalan also posted Connie's last 5 points in that canto, while Esmores and Barbo combined for 11 markers, as their team hung on to a 17-15 lead. Mawati fell behind by only a deuce after the open-

ing frame with Jerome Directo scoring 7 points.

However, Connie's gained more cushion in the next two frames with Cabang stepping up, recording 9 points and teaming up with Barbo

KIMBERLY A. BAUTISTA

Connie's BBQ's Frankie Rodriguez, right, challenges the defense of Tsingtao's Mark Demonteverde during their elimination round game in the One Pacific caging at the Civic Center Court. Connie's and Tsingtao will collide in the finals this Saturday.

in keeping their safe distance. Connie's advantage increased to 9, 59-50, going into the fourth period.

Bongalan then took over in the fourth canto to bring Connie's to the finals and eliminate Mawati.

The one-game finals between Connie's BBQ and Tsingtao was originally scheduled for last Saturday, but was moved to this weekend due to the bad weather. The third place match featuring Mawati and Pardz Ballers, on the other hand, is set for this Wednesday.

Connie's BBQ 78—Bongalan 21, Barbo 17, Cabang 12, Esmores 11, Dayao 8, Danao 7, Echaves 3.

Mawati 66—Directo 20, Ferrer 13, Gontar 11, Nonato 10, Quizon 6, Avila 4, Rena 2.

Scoring by quarters: 17-15, 36-30, 59-50, 78-66.

Chavez, Joyce on target in youth league

By **ROSELYN B. MONROYO**
roselyn_monroyo@saipantribune.com
REPORTER

Kanoa Football Club's Paulyn Joyce and TanHoldings' Kaithlyn Chavez are the main offensive threats for their respective squads as proven in the number of goals they have scored so far in the 2019 NMIFA Fall Youth League. Joyce collected 15 goals after Week 5 of the competition in the girls U16 age group to lead the division and the entire league. The Kanoa striker had her most goals (6) during their 8-3 triumph over MP United last Sept. 28. She logged 5 in their 11-4 victory against Matansa last Sept. 21 and four last Oct. 12 to lift Kanoa to a 5-2 win over TanHoldings.

At close second with 14 goals is Shirley's Football Club's Katrina Costales, while Matansa's Jannah



TanHoldings Football Club's Kaithlyn Chavez, left, collides with Kanoa's Paul Lizama, center, as they battle for the ball, while the former's teammate, Tamia Hix, stays close in the play during their co-ed U12 game in the 2019 NMIFA Fall Youth League at the NMI Soccer Training Center.

Casarino has scored nine goals, and TanHoldings' Rizza Relucio and MP United's Audrey Castro have seven apiece to round out the Top 5.

The girls U16 division started the second round of the regular season last Saturday at the NMI Soccer Training Center in Kobleville with each squad to play five more games to determine the fall champion and the winner of the Golden Boot trophy.

Chavez is in a good position to win the trophy, as she has registered 11 goals, four more than Kanoa's Paul Lizama (excluding last Saturday's results). Chavez scored in all of TanHoldings' first four games in the co-ed U12 division, firing three apiece in their two games against MP United and versus Shirley's FC and two in their match opposite Kanoa.

Joining Chavez and Lizama in the Top 5 are the lat-

ter's teammate Rigel Divey (6), MP United's William Lee (6), and the TanHoldings' Mark Costales (5).

Meanwhile, in the boys U18 division, MP United's John Michael Rojas has scored six goals in four games to lead the group, while Kanoa's Andruw Omelau is lurking behind with his five goals. TanHoldings' Mark Esalan and Jonathan Capayas are not far behind

with four and three goals, respectively, while MP United's Oliver Lee has also delivered three goals.

In the boys U15 division, an MP United player is ahead, too with Andrew Chung getting seven so far. Kanoa's Jaydee Jose (4) is in second place and is closely followed by his teammates Brian Lubao, Markus Toves, Ruben Guerrero, and Jim Kurt Maniago, and Shirley's Gabriel Arkoh, who have three apiece.

SIS

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ki, Kuu Nishimura and Ken Song led the SIS squad and were joined on the team by Tiana Huang-Cabrera, Charles Henry McDonald III, Samuel Culp, Jinju Thompson, Robbie Schorr, Jon Paul Sablan, and Cheng Paul Xiong. Agape's roster, on the other hand, was made up of Kobe Yang, Eu-

nice Xu, Shi Yihong, Jiamei Xu, Zhourui Han, Vivian Wu, Aiyuan Pang, Weixiu Yang, Haozhe Shan, Xinxhi Liang, Shijie Cao, Teng Zhang, and Yutian Luo with Pastor Kok Pang as head coach.

Snyder and Miyawaki were part of the Team Marianas (with fellow Geckos Tania Tan and Stella McCallion and Marianas High School's Therize Millare and Jerlyn Cas-

tillo) that finished third overall in the girls division of the Asia Pacific event held at the John F. Kennedy High School in Guam last year. Tan also made it to the elite All-Island Selection.

Ron Snyder coached the winning squad in 2018 and was confident of their chances to earn All-Island honors this year. The Top 15 runners in the men's and women's 5K

will make it to the All-Island Selection and receive medals, while organizers will also recognize the Top 3 finishers in the men's and women's (individual combined scores) and relay.

"I am very proud of the development of all the runners throughout the season. They have shown an amazing amount of improvement and I believe there is a good chance

that we will have several All-Island athletes this year," Snyder said.

"Ken Song, Kuu Nishimura, and Kobe Yang on the boys team and Anika Snyder and Malika Miyawaki on the girls team are repeat competitors at API. They have used this experience to turn themselves into the top runners on the island. Thank you to NMA for its support of our student ath-

letes as we go off to represent the CNMI," the SIS headmaster added.

Northern Marianas Athletics helped facilitate SIS and Agape runners' participation in the Japan race.

Before competing in Japan, the SIS and Agape runners raced in the 2019 All Schools Cross Country Championships last Friday at the Saipan Country Club.



Altuve's HR in 9th sends Astros to World Series

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Saipan Tribune Sports

Milwaukee, Philadelphia eye East title

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SAIPAN TRIBUNE



KIMBERLY A. BAUTISTA

Grace Christian Academy's Soleil Lamar goes for a spike during their title game against Saipan International School in the 2019-2020 Public School System Interscholastic Girls High School Volleyball League last Saturday at the Marianas High School Gymnasium.

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

Grace Christian Academy repeated as champion after beating Saipan International School 1 in the finals of the 2019-2020 Public School System Interscholastic Girls High School Volleyball League last Saturday at the Marianas High School Gymnasium.

GCA defends title



KIMBERLY A. BAUTISTA

Grace Christian Academy players and coach Cesar Libut, seventh left, pose with their championship trophy and are joined in the photo by PSS Student Support Services Athletic Program director Nick Gross, right, during the awards presentation in the 2019-2020 Public School System Interscholastic Girls High School Volleyball League last Saturday at the Marianas High School Gymnasium.

The Lady Eagles prevailed in the title rematch against the Lady Geckos after taking only two sets to close out the finale, 25-20, 25-8. GCA also needed only two sets to top SIS in last season's championship game, 25-21, 25-16.

The No. 1 seed GCA,



which was undefeated in 10 games in the regular season, earned a return trip to the finals after downing Saipan Southern High School in the semis. The Lady Geckos, who were ranked second going into the

See GCA on Page 27

Mistakes women make

Ask DRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.



We all have a general idea of what to do with respect towards attaining better health, and a physique worth appreciating. I've interacted with a lot of women on this front and it pains me to say that the vast majority place their eggs on the wrong basket.

To give some context, women are tempted to press the panic button and stray off course when they think they've screwed up because of one "bad" meal. Namely, go on a detox diet to start fresh. I'm sure this rings familiar.

Q: My friend lost weight from this new detox diet. I've been thinking about trying it out. What are your thoughts on them?

A: This is an incredibly common place for women, especially those who have a hard time staying on track. Far be it from me to tell you what to do, but the cold hard truth is the weight you lose at the onset of a detox is just water and glycogen. It has zero association with how much fat you lose. On top of that, it will all come back the minute you relapse.

There's no evidence to

support their validity, so you're much better served putting aside the quick fix gimmicks and doing the work over the long haul.

Q: I'm going to start going to the gym again. What do you suggest I do to burn fat the quickest.

A: Any time we invest our time and money, we're obviously looking for a huge return. It's much the same with training. You've got to hammer down movements that exhibit high levels of muscular recruitment. As such, you're far better off sticking to the basics instead of spending hours on end doing crunches and curls.

Think about it, there's a reason why compound movements such as the squat, deadlift, pull-ups, rows, and presses are the cornerstone of most sensible programs—they're tried and true. It stimulates your entire body. It's not the end-all be-all approach, but you're going to be ahead of the curve.

For questions, ask Dre at dre-delossantos7@gmail.com.

SIS, Agape runners compete in Japan

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER



Saipan International School and Agape Christian School runners left for Japan early Saturday morning to represent the CNMI to the 2019 Asia Pacific Invitational Cross-Country Championships.

Geckos head coach Ron Snyder was set to field 11 SIS runners in the individual 5-kilometer race (men's and women's) scheduled last Saturday and 15K relay set for yesterday. Results of the weekend's runs held at the Urayasu-shi Sogo Koen in Tokyo were unavailable at press time.

Asia Pacific returnees Anika Snyder, Malika Miyawa-

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LINDSAY NASH

Saipan International School and Agape Christian School runners race in the 2019 All Schools Cross-Country Championships last Friday at the Saipan Country Club before heading to Japan to compete in the 2019 Asia Pacific Invitational Cross-Country Championships.